**Parenting support offer – NPT**

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| **Name of Programme** | **Programme creator- if applicable** | **Informal/Evidence based** | **Target Age** | **Brief Details of course – what it includes/covers – key focus of programme** | **Duration (weeks/sessions)** |
| Welcome to the World | Family Links | Evidence Based | Expectant parents | To help parent/carer to take a firm stand against violence, risk-taking and anti-social behaviours; who wants to hold back from physical or verbal violence; who wants to increase their parental presence in their child’s life. | 8-10 weeks |
| Parenting puzzle | Family Links | Evidence Based | 4-18yrs | For parents and carers. This is a 4 week programme that promotes attunement, play, empathy and introduces practical strategies for positive, constructive relationships and calm, confident parenting. | 4 weeks |
| Nurture programme | Family Links | Evidence Based | 4-18yrs | For parents and carers. Each week looks at a different topics around the 4 constructs - Empathy, appropriate expectations, self- awareness & positive discipline. The question of discipline, Feelings….what we do with them/communicating them, Keeping children safe, Ages & stages in child development/ helping children grow up, Parenting styles & family rules. | 10 weeks |
| Talking Teens | Family Links | Evidence Based | 11 - 18 | For parents/carers to gain knowledge and skills to understand and communicate with teenagers, leading to high levels of conflict and stress within family relationships. Main outcomes are:  Increased parenting self-efficacy, Better communication and understanding of teenager, Increased use of positive discipline, Reduced frequency of conflict  Parents able to stay calm and are less stressed. | 4 weeks |
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| Baby Massage | IMIA | Informal | under 1 year | The course benefits both mother/father and baby, it is a lovely bonding process for parents and baby. The stroke technique and formation is delivered. | 5 weeks |
| Stay and Play |  | Informal | 1 - 4 | Stay and play sessions are based on the principles of LAP and NAP. The emphasis is on positive relationships, routines and encouraging the use of language. The group benefits adults and children. | 6 weeks |
| RBP |  |  | 3 - 16 | Activities used in Relationship Based Play are delivered in a non-competitive and supportive way so that the child succeeds as far as possible in every activity. This will help to challenge the child's self-image or "internal working model" helping them to feel effective, successful and to gain in self-esteem. | 4 – 5 weeks |
| Keeping the child in Mind | Family Links | Evidence based | 0 - 18 | For parents is our version of what many people refer to as reducing parental conflict and it focuses on relationships within the family, in particular, the influence of parental relationships on children.  As well as looking at the importance of positive relationships, the programme acknowledges that there are tensions and challenges within nearly all relationships. It is therefore appropriate for those in a couple relationship, for those who have separated or divorced or for any situation where parents or carers are looking after children. The key focus is on ensuring that children’s needs are prioritised and met. | 4 weeks |
| NVR | Partnership Project | Evidence Based | 8 - 18 | NVR addresses the needs of people who encounter distress and helplessness in the relation of caregiving | 8 weeks |
| Play Box |  | Informal | 1 - 4 | Building babies brains and promoting positive mental health through play. | 6 weeks |
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| Mini Explorers |  | Informal | 0 -1 | Mini explorers is a holistic group catering for all areas of development. The group provides opportunities for children and their parents to socialise with others and bond through fun and stimulating play opportunities. Mini explorers encourages early language development through songs and rhymes, stories and weekly play themes. | 6 weeks |
| Grow Brain |  | Informal | 0 - 3 | The programme helps build Attuned, responsive caregiving in the first three years of life is vital for healthy brain development and creating strong foundations for lifelong emotional health and wellbeing. | 4 weeks |
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