



Weekly Family Newsletter

Monday 27th March 2023

www.halfwaynurseryinfantschool.org

Caring, Sharing, Learning for Life.



Attendance for the week ending 24th March 2023

Class	Attendance (%)
Miss Clewes	95.4
Mrs Hibberd	95.5
Miss Dale	97.7
Mr Folmer	90.3
Mrs Stanton/ Mrs Hipkin	91.2
Mrs Timmons	95.7

Whole school attendance = 94.2%

Learners of the week

Congratulations to our Learners of the Week, who were:

Elmers - **Jake and Harshadh**

Gruffalos - **Evie and Tyler**

Rainbow Fish - **Macaulay and Julia**

Hungry Caterpillars - **Elsie and Jackson**

Enormous Crocodiles - **Sofia P and Koa**

Crafty Chameleons - **Olivia and Harry**

If your child is unable to attend school for any reason, please ring as early as possible on 0114 248 2360. Choose Option 2.

End of term

This week is our final week of term. School will be closed for the Easter holidays from Monday 3rd April to Friday 14th April. School re-opens to all pupils on **Monday 17th April**. We hope that everyone has a lovely break, and we look forward to seeing you after the holidays for the start of our Summer term!

Safety in School

Could you please ensure that you close and replace the latches on all gates to ensure that we keep our children safe.

Parent's Evenings - reminder (Y2, Y1 and Reception)

We are looking to welcoming you into school this week for our parent's evening. Appointments can still be booked through the links below up until midnight tonight (Monday). Should you be unable to make these dates, please speak with your child's class teacher to arrange a suitable time.

The online booking links for each class as shown below:

Class 1

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-1-enormous-crocodiles-tickets-577768540257>

Class 2

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-2-crafty-chameleons-tickets-578583959197>

Class 3

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-3-rainbow-fish-tickets-578593618087>

Class 4

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-4-hungry-caterpillars-tickets-578735201567>

Class 5

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-5-gruffalos-tickets-578740738127>

Class 6

<https://www.eventbrite.co.uk/e/parents-evenings-28-and-29-march-class-6-elmers-tickets-578752382957>

Easter events

As we enter the final week of term, we have lots of Easter events for the children to get involved in!

Easter egg hunts

HIP Group has provided all the eggs for our Easter egg hunts, which will be taking place during each year group's PE sessions, or during a session at Nursery.

F2, Y1 and Y2 Easter bonnet parades

F2 Easter Bonnet parade: **Tuesday 28 March**

Y1 Easter Bonnet parade: **Wednesday 29 March**

Y2 Easter Bonnet parade: **Thursday 30 March**

Children can make a bonnet/hat at home to wear in their year group's parade. All parades start at **2.30pm**. We will let you know on the day whether the parade is in the hall or on the field.

Parents/carers are welcome to come and watch the parades. The gates will be opened just before 2:30pm.

A big 'Thank You' to the HIP Group for sourcing all the prizes for the parades.

HIP group - fundraising

A second big **'Thank You'** to the HIP group which has been busy this half term organising events for the children to join in with, as well as raising funds for the school. We know lots of you enjoyed the Spring Discos! Its final event of the term is the **'fund-raisins'**! To take part is easy! Children will bring home a box of raisins from HIP Group to help in its 'fund-raisin' efforts:

Eat the raisins, keep the box. Earn some money, and we'll collect the lot!

HIP Group thought it would be a fun way for the children to raise some funds, by helping out at home over the Easter holiday. Fill the raisin boxes with coppers, coins or notes. Anything helps!

Congratulations!

Miss Dale is getting married during the Easter holidays ! This means that she will return to us as **Mrs Thorpe** - a name we will all have to get used to using! We hope that Miss Dale has a wonderful wedding day, and wish her the best of luck!

Scholastic Book Fair

Thank you to everyone who came along to our Scholastic Book Fair. We hope you enjoyed your visit and have been enjoying reading any books that you bought. As a result of the books sold, school now has **£400** commission to be able to spend on books, which will be split across each class and used to develop the range of books in each class library!

Milk Orders For Summer Term (After Easter until July)

Once children reach the age of 5, they are no longer entitled to free school milk unless they receive income-related free school meals (whilst all infant aged children are entitled to Universal Free School Meals, only children eligible for income-related free school meals are able to claim free milk).

If you think your child may be entitled to income-related free school meals, but are not currently in receipt of them, go to <https://www.sheffield.gov.uk/schoolmeals>. Applying is easy, and there are lots of benefits, such as food vouchers over holidays.

For children who are already 5 - the cost of milk for next term is £13.02. You will have received a text message with a link to a form to complete to let us know whether your child would like milk next term or not. Once you have submitted the form you can click on the link in the text to pay (if your child is not entitled to income-related free school meals). If you haven't received the text message, please contact Mrs Tatham in the School Office.

Children who will become 5 during next term - you will get a letter with instructions for paying for milk after their 5th birthday if they want milk after this date.

Children who are not 5 until the Summer holidays - you don't need to do anything; your child will continue to receive their free milk.

Children who are entitled to income-related free school meals - you will receive a text message with a link to a form to complete to let us know whether or not your child would like their free milk next term.

If you have any questions, please speak to Mrs Tatham in the School Office on 0114 2482360.

After-school Activity Clubs

Children in school will have received a form (via text) to apply for our after-school activity clubs, which will begin during week commencing 24 April. **The closing date for applications is Thursday 30 March**, and you will not be able to apply after this date. You will be notified by letter after the holiday about whether your child has been allocated a place. Our after-school activity clubs are very popular so, unfortunately, not every child who applies will get a place.

World Autism Acceptance Week – 27th March – 2nd April—reminder

The National Autistic Society helps around 700,000 people who are autistic, and their families, in the UK; from running specialist schools, campaigning for improved rights, or training companies on being more autism-friendly. It is dedicated to transforming lives and changing attitudes. During this week, we will be learning more about this society in assembly and class sessions. We are also inviting children to 'dress down' (wear non-uniform) on **Friday 31st March**, and to donate £1 if you are able to. To donate, please go to <https://www.justgiving.com/fundraising/hnisworldautismacceptanceweek2023>.

You can get involved at home too by taking part in a quiz. The quiz sheets (attached below) can be completed and returned to school before Friday 31st March.

All funds raised from this day will be donated directly to the National Autistic Society.

Free Food Supplement Vouchers For the Easter Holidays

The Government Household Support Grant has been extended to assist with rising food and energy costs. Sheffield City Council recognises that many families continue to face financial difficulties because of the pandemic, changes to Universal Credit, and rising costs for food and energy.

A £30 food supplement voucher will be sent to the following groups to help over the Easter holidays:

- Families who claim income-based Free School Meals (FSM)
- Families who get income-assessed Early Years Support (2–4-Year-Olds)
- Young people leaving their care setting (Care Leavers).

The Plan

The Council will continue to use Edenred as the supplier of the vouchers as schools and parent/carers are familiar with the two-step process involved in downloading the vouchers.

• It aims to send the voucher letters to arrive with parents by w/c Monday 27 March. The letter will include the website link for Edenred and clear instructions on how to download the voucher, and parents will be asked to contact their school/establishment in the first instance if they need help with downloading or printing their vouchers. Also provided are the contact details for Edenred.

The Process

- As before, parents/carers need to go to the following website to redeem their vouchers - www.selectyourcompliment.co.uk/grocery
- Enter their unique 16-digit e-Code and select their chosen supermarket. Edenred give them a choice of 10 supermarkets: Aldi, Tesco, Asda, Sainsbury's, Waitrose, M&S, McColl's, Company Shop, Iceland and Farmfoods.
- Parents/carers can download their vouchers for more than one supermarket. For example, £15 for Aldi and £15 for Asda.
- The downloaded E-Gift Card/Voucher will arrive by email within 24 hours. If they cannot find this, they should check their Junk/Spam folder

Please note that codes need to be activated within 3 months of the date of issue (24 March) or they will be cancelled automatically. Once they have claimed their voucher on the Edenred website the voucher will be valid for 12 months.

Where can families get further help?

The FSM voucher helpline will be available on 0114 2734567, option 4, option 3, and can offer help to parents experiencing difficulties with their e-Codes or with general FSM enquiries.

Parents/carers can also contact Edenred directly with an enquiry about an eCode or voucher at freeschoolmealsparentscarers@edenred.com or telephone 0333 400 5932.

Schools can contact Edenred at freeschoolmeals@edenred.com

If a parent is facing financial hardship, there is free advice and support available at www.citizensadvice.org.uk or they can call on 0808 278 7820.

Additional support can also be found via Sheffield City Council's Community Support Helpline on 0114 273 4567 or at www.sheffield.gov.uk/costofliving

If you have any concerns about the plans for the Easter food supplement vouchers, or would like to discuss the arrangements for your school further, please do not hesitate to get in touch at schoolfood@sheffield.gov.uk

Dear Parents/ Carers,

If you would like a game to support Maths learning at home, White Rose Maths have designed 1 Minute Maths to support learning, and it's free!

The app was designed for KS1 children, however the subitising section is great for EYFS too!

The sections include:

- Subitising
- Addition
- Subtraction
- Multiplication
- Division

Children will be awarded a sticker for their badge for playing 1 Minute Maths!

Just add a photo of your child playing the game to Tapestry.

What is subitising?

Subitising is the ability to instantaneously recognise the number of objects in a small group without the need to count them. Subitising is important for children's mathematical development for many reasons: it helps children to understand what numbers mean or how many 'things' a number refers to.

See the information below or visit their website:

<https://whiterosemaths.com/1-minute-maths#download>

Check out these 7 top reasons for using 1-Minute Maths!

1. Excellent practice — and no distractions.
2. A clear, intuitive process that children pick up straight away.
3. No login or internet access needed. Just download and play.
4. Enjoyable and motivating... How many can they get correct in one minute?
5. Helpful hints match those used in class.
6. Brilliant for building number fluency and confidence.
7. It's FREE!

What's the app about?

This first version of the app is aimed at Key Stage 1 pupils (ie. age 5-6 years). Individual one-minute tasks focus on adding and subtracting — and on 'Subitising', the skill of instantly recognising the number of items in a group without counting. Multiplication and division will be added soon!

How do we use it?

Your child can choose any topic they want to try. They then answer a unique series of questions (so it's a different set of questions every time). If they're struggling with a question, a 'Hint' button will give a helpful clue by showing the question in a different but familiar way.

When the one minute's up, they'll see a feedback screen telling them how they've done.

Designed in-house for use both in class and at home, our new 1-Minute Maths app helps children build greater number confidence and fluency. It's all about targeted practice in engaging, one-minute chunks!

Download the 1-Minute Maths app
Free to download for teachers, parents and pupils

APPLE APP STORE GOOGLE PLAY STORE



National
Autistic
Society

World Autism
Acceptance Week
27 March - 2 April 2023

The Spectrum Colour Quiz

Why not hold a quiz for some fundraising fun in **World Autism Acceptance Week 27 March - 2 April 2023**? Get your workmates or friends to pay to enter (in teams or individually).



Registered with
FUNDRAISING
REGULATOR

Literature

1. Who is the author of the 2003 bestselling novel, *The Da Vinci Code*?
2. Who published the story of *Snow White* in 1812?
3. What is the name of Harry Potter's godfather?
4. Complete the title of this Dr Seuss classic, ____ *Eggs and Ham*.
5. Who froze Narnia in *The Lion, the Witch and the Wardrobe*?



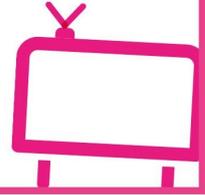
Music

1. What year did Prince release his album *Purple Rain*?
2. Which singer named her daughter Blue Ivy in 2012?
3. Which rock band sang *American Idiot*?
4. What is singer P!nk's real name?
5. Whose current farewell tour is named *Farewell Yellow Brick Road*?



Film and TV

1. Oprah Winfrey was nominated for an Oscar for her performance in which 1985 film?
2. Green is the colour of which famous mermaid's tail?
3. What colours are the Teletubbies?
4. What is the name of the Netflix series set in a women's prison?
5. What colour are Dorothy's slippers in the 1939 film *The Wizard of Oz*?



Sports

1. How many points is a yellow ball worth in snooker?
2. The Olympic flag features five interlaced rings in blue, black, red and which two other colours?
3. What colours are the football shirts of the 2022 FIFA World Cup winners, Argentina?
4. What colour are the tennis courts at the US Open?
5. In Formula 1, what are the colours of the flag waved at the end of the race?



Animals

1. Roughly what percentage of ginger or orange cats are female? **a)** 20% **b)** 50% or **c)** 80%
2. What colour are a zebra's stripes during its first six months of life?
3. What type of animal is a blue tang?
4. What colour is a polar bear's skin?
5. What is the largest animal known to have ever existed?



History

1. What were the three main colours of the British suffragette movement in the 20th century?
2. King William III, who reigned from 1650-1702, also went by the name William of _____.
3. In what century did the first Trooping the Colour ceremony take place?
4. Who developed the first colour wheel in the 17th century?
5. What are the main two colours of the Tudor rose?



Bonus round!

World Autism Acceptance Week

27 March - 2 April 2023

1

Which is the world's largest turquoise mineral/gemstone producing region?

2

What colour are the cheapest streets on the Monopoly board?

3

The first ever Green Party MP, Caroline Lucas, was elected in which city at the 2010 British general election?

4

Approximately what percentage of the world's population has green eyes?
a) 2% b) 12% or c) 22%

5

What is the name for a fear of, or aversion to, certain colours?

6

What country is known as the Emerald Isle?

Tie-breaker!



Spring 2023



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES





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Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team deliver a range of evidence based programmes. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.

We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:



Seminars

This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

To book a place on a seminar please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Discussion Groups

The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.
This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.

Booking for Discussion Groups is essential. To book on to a place please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Group Parenting Programmes

A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 5 – 15 weeks depending on the programme.

Booking or referral to a programme is essential.

Please contact us to discuss it in more details on **0114 2057243** or email
Sheffieldparenting@sheffield.gov.uk



0-12 Raising Resilient Children

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognising and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

The Power of Positive Parenting

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

0-12 Raising Confident and Competent Children

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.



Father's seminar

This seminar promotes the importance of a father's input to a child's development by looking at:-

- The importance of Fatherhood.
- Promote positive relationship between the father and the child.
- Promote the father's parenting skills.
- Exploring child friendly activities to engage in.
- Father's role in supporting the child with managing emotions and risky behaviour.
- Role modelling care and respect.

Time to Sleep

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. This is an information session for all parents/carers of children 12 months and over. The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine



Teen - Getting Teenagers Connected

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others

Teen - Raising Competent Teenagers

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.



Teen - Raising Responsible Teenagers

Practitioners introduce parents to the six key elements of teenager's becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.



0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

- Parents Hope and Dreams
- Developmental delay and disability
- Some realities of being a parent
- Children's behaviour, the tough part of being a parent
- What is positive parenting?
- Seven Key principles of being a parent.

0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

- Choosing a skill to teach
- Break the skill into steps
- Choose rewards
- Decide when and where to teach
- Use effective teaching strategies
- Keep track and review progress

0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

- Track the behaviour
- Understand why behaviour is occurring
- Change events that occur before the behaviour
- Encourage alternative behaviour
- Put your plan into action

Time to Sleep (ASD)

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. **This is an information session for parents/carers of children who have a diagnosis of ASD only.**

The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine





0-12 Hassle Free Outings with Children

This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.

0-12 Dealing with Disobedience

This discussion group covers why some children have difficulty learning to follow instructions.

The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.

0-12 Developing Good Bedtime Routines

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.

The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.



0-12 Managing Fighting & Aggression

In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight.

This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

Additional Needs Discussion Group

Monthly, hour long Additional Needs Discussion Groups. Each month we will discuss a different topic, give you an update on the Parenting and MAST SEND Teams and offer some time for questions and answers.



Community Language Discussion Groups

We offer a selection of discussion groups delivered in different languages with an interpreter. Please contact the Team if you require further information.



Teen - Getting Teenagers to Cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative.

Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.



Teen - Coping with Teenagers' Emotions

In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Teen - Building Teenagers' Survival Skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.

Teen - Reducing Family Conflict

During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.





Incredible Baby

The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s

Duration: 10 weeks

Incredible Years Toddler

It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Duration: 12 weeks

EPEC - Baby and Us

Baby and Us covers topics such as:

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

For parents/carers of babies under 9 months old at the start of the course.

Duration: 9 weeks



Incredible Years 3-8

The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.

Duration: 15 weeks

0-12 Triple P

Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 10 weeks





EPEC - Being a Parent

This course aims to improve child development outcomes, parenting, family resilience and family relationships. The programme creates a trusting group ethos where parents are encouraged and supported. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 8 weeks

Fear-less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The programme encourages parents to generalise strategies to all family members, not just the child of concern. Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

Duration: 6 weeks

EPEC - Living with Teenagers

A Parent led intervention that is suitable for parents of adolescents aged 12 to 16 years old

Duration: 8 weeks

Teen Triple P

Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.

Duration: 8 - 10 weeks





Sheffield Parenting Hub has a range of programmes available to all.

These programmes are specifically designed for parents and carers of children with SEND.

Stepping Stones

This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting

Duration: 10 - 12 weeks

EPEC - Being a Parent of a Child with Autism Spectrum Disorder

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 10 weeks

Incredible Years ASD

A 15 week programme for parents of children aged 2-8 years that may be displaying complex challenging behaviour. It tailors to each child's individual needs and their development. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Incredible Years has been evaluated for over 30 years working with families of children with ADHD, ASD and Language delays all over the world and has been proven to work!

Duration: 15 weeks

Cygnnet

Cygnnet is a parenting support programme for parents and carers of children aged 5-18 with an autistic spectrum condition. Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Cygnnet-

- Will increase your knowledge of Autism,
- Help you understand your child's perspective on the world
- Help you develop a toolkit of strategies
- Signpost you to local agencies that will help support you and your child
- Provide you with an opportunity to meet other parents and create supportive networks

Duration: 7 weeks





Co-parenting is a challenge whether you are parents living together or parents who are separated. In Sheffield we recognise this and have the following programmes you can access to support.

Family Transitions

This is a parallel programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating parenting. It gives parents ways to limit the negative effects on child development by promoting parenting and family processes that contribute to family adjustment after separation. It focuses on skills to resolve conflicts and cope positively with stress.

Duration: 6 weeks

EPEC - Being a Parent Together

This programme is specifically for parents and carers who are concerned about disagreements, quarrels and unresolved difficulties in their relationship that is affecting their parenting. This conflict may at times put the couple's relationship at risk of separation and breakdown. It aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together course creates a trusting group ethos, where parents are encouraged and supported.

Duration: 10 weeks

Separated Parents Information Programme (SPIP) - In Partnership with CAFCASS

This is a one off programme for 4 hours and helps parents who are not in the court arena to understand how to put their children first whilst they separate.

The programme encourages separated parents to behave in the best interests of their children and to become clearer about what their children need most from them. The programme also equips parents with skills to take steps for themselves; this may include developing agreements that do not need court intervention.

Parents do not attend the same session as their ex-partner, but the sessions give parents the tools to help support them and their child/children during this difficult time.

Duration: 4 hours

EPEC - Being a Parent Together Workshop

This workshop is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The workshop aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together workshop course creates a trusting group ethos, where parents are encouraged and supported.

Duration: 2 hours, 15 mins





Seminars

To book on a seminar, please visit our Eventbrite Page:
<http://bit.ly/SheffParentHub> and select the correct session.

Discussion Groups

To book on a Discussion Group, please visit our Eventbrite Page:
<http://bit.ly/SheffParentHub> and select the correct session.

Group Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on **0114 2057243** or sheffieldparenting@sheffield.gov.uk

Tips and information from Sheffield Family Centres and Sheffield Parent Hub will be shared on our social media pages:



@SheffieldFamilyCentres



@SheffFamilyCtrs



@SheffieldFamilyCentres



Sheffield Family Centres



0-12 Triple P	Programme dates TBA
Baby & Us (EPEC)	Mon 24 th April 23 – Mon 10 th July 23 10:00am – 12:15am Primrose Family HUB
	Wed 17 th May 23 – Wed 19 th July 23 10:00am – 12:15pm First Start Family Centre
	Thurs 18 th May 23 – Thurs 13 th July 23 10:00 – 12:00pm Wybourn Family Centre
	Mon 22 nd May 23 – Mon 24 th Jul 23 10:00am – 12:00pm Valley Park Family Centre
Being a Parent (EPEC)	Tue 25 th April – Tue 27 th June 9:30am – 11:45am Spa View Community Church
	Tues 25 th April 23 – Tues 27 th June 23 10:00am – 12:15pm Stocksbridge Family Centre
	Programme Date TBA Lowedges Community Centre
Being a Parent ASD (EPEC)	Wed 26 th April 23 – Wed 25 th July 23 9:30am – 11:45am Astrea Primary School
	Thurs 27 th April 23 – Thurs 6 th July 23 9:00am – 11:45am Online session
Being a Parent Together (EPEC)	Thurs 20 th April 23 – Thurs 22 nd June 23 9:30am – 11:45am Online session
Cygnat	Thurs 4 th May 23 – Thurs 13 th July 23 10:00am – 12:15pm Old Sharrow Junior School
Fear-Less – Triple P	Wed 19 th April 23 – Wed 24 th May 23 10:00am – 12:15pm Ecclesfield Secondary School
	Tues 6 th June 23 – Tues 11 th July 23 6:00pm – 8:15pm Online session
Incredible Baby	Wed 19 th April 23 – Wed 7 th June 23 10:00am – 12:00pm Stradbroke Community Centre
Incredible Toddler	Tues 2 nd May 23 – Tues 27 th June 23 10:00am – 12:00pm Online session

Incredible Years ASD	Programme dates TBA
Living with Teenagers (EPEC)	Thurs 27 th April 23 – Thurs 22 nd June 23 10:00am – 12:15pm Vestry Hall, Cemetery Road, S11 8FP
	Wed 26 th April 23 – Wed 28 th June 23 10:00am – 12:15pm Online session
Stepping Stones	Wed 3 rd May 23 – Wed 12 th July 23 6.00pm – 8.00pm Online session
	Thurs 20 th April 23 – Thurs 22 nd June 23 10:00am – 12:15pm Sheffield ADHD Project, Scotia Works
	Wed 3 rd May 23 – Wed 28 th June 23 10:00am – 12:15pm Online session
Teen Triple P	Programme dates TBA
Teen Triple P Plus	Tues 25 th April 23 – Tues 27 th June 23 6:00pm – 8:00pm Online session
Family Transitions & Separated Parents Information Programme (SPIP)	Please email Sheffieldparenting@sheffield.gov.uk for dates/times/venues

Please note: Due to group size restrictions spaces on face-to-face programmes are limited. Booking or referral to a programme is essential. All groups are subject to change

Discussion Groups & Seminars Calendar

Apr 23	(DG) Additional Needs Discussion Group <i>Parents taking care of themselves</i> Tue 18 th Apr 10am – 12:15pm	(SEM) Time to Sleep Thurs 20 th Apr 5pm – 7pm	(SEM) Coping With Teenagers Emotions Mon 24 th April 5.30pm – 7.30pm	(SEM) Father's Seminar Mon 24 th Apr 6.30pm – 8pm	(SEM) Time to Sleep (ASD) Thurs 27 th Apr 5.30pm – 7pm				
May 23	(DG) Being a Parent Together Workshop (EPEC) Mon 15 th May 10am – 12pm	(SEM) Raising Resilient Children Mon 15 th May 5.30pm – 7pm	(SEM) Time to Sleep Tues 16 th May 10am – 12pm	(DG) Additional Needs Discussion Group <i>What's my child's sensory profile.</i> Tues 16 th May 10am – 12pm	(DG) Dealing with Disobedience Mon 22 nd May 5pm – 7pm	(DG) Developing Good Bedtime Routines Fri 26 th May 10am – 12pm			
Jun 23	(SEM) Time to Sleep Under 5's Wed 7 th June 10am – 12pm	(SEM) Positive Parenting for Children with Additional Needs Mon 5 th June 5pm – 6pm	(DG) Reducing Family Conflict Mon 12 th June 5.30pm – 7.45pm	(SEM) Time to Sleep ASD Tues 13 th June 10am – 12pm	(SEM) Raising Responsible Teenagers Tue 13 th June 5:30pm – 7pm	(SEM) Raising Confident, Competent Children Thurs 26 th June 12.30pm – 2.30pm	(DG) Additional Needs Discussion Group <i>Connecting with Child/Stress free time</i> Tue 27 th June 10am – 11am		

Discussion Groups and Seminars are currently being delivered online unless otherwise stated above.

We are continually updating our Discussion Groups and Seminars. Please visit our Eventbrite page for a full schedule of sessions: <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

