



What about childcare?

Free crèche facilities will usually be provided for young children of parents/carers attending **Living With Children** and **Positive Parents** (two to eight years) sessions. These will be run by experienced staff who will provide structured play activities for your children. A buffet lunch is provided on **Living With Children/ Teenager** courses.

Help with transport costs and childcare costs can be provided where needed.

For more information

To find out about **Living With Children/Teenager** courses call 01246 514977 or 01246 514978 or email: livingwithchildren@derbyshirecountypct.nhs.uk

For details about **Positive Parents** sessions or to find out about **Understanding Your Teenager** courses email: positive.parents@derbyshire.gov.uk or **Call Derbyshire on 08456 058 058.**

All places must be booked in advance.

Helping families live happily together

**Free parenting support sessions
in Derbyshire**

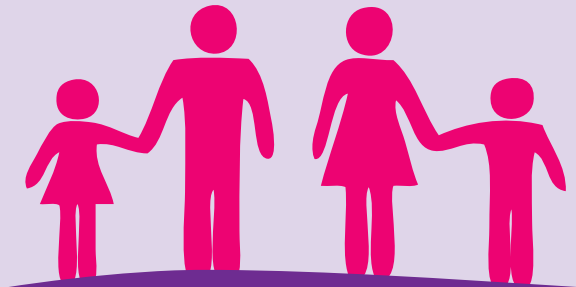
Written and produced by Public Relations, Chief Executive's Office,
Derbyshire County Council, County Hall, Matlock, Derbyshire, DE4 3AG.

Derbyshire County 
Primary Care Trust

Being a parent or carer is extremely rewarding – but it can be hard work and stressful at times. Most families face challenging behaviour from their children or teenagers at some point and knowing where to go for support can be difficult.

Help is available with a variety of free parenting courses offered throughout the county by Derbyshire County Council and Derbyshire County Primary Care Trust.

Sessions are designed to support families by offering useful tips, building confidence and helping develop skills. Parents and carers are offered a supportive environment to share their experiences with others in similar situations.



‘Living With’ courses are suitable for people with children up to 15 years and are designed to build skills and confidence in parenting. Practical situations are discussed so skills picked up on the course can be applied at home.

Living With Children courses are for parents/carers of children up to eight years.

Six weekly sessions cover topics including;

- > building self-confidence
- > talking and listening to children
- > stress and relaxation
- > parenting styles
- > dealing with difficult behaviour.

Living With Teenagers courses are available in north Derbyshire for parents/carers of children aged nine to 15 years. Over eight weeks sessions look at issues including;

- > building self-esteem
- > listening and problem solving
- > setting boundaries
- > parenting styles
- > drugs, sex and relationships

Positive Parents sessions are aimed at parents/carers of children aged between two and 13 years who want help with everyday parenting skills or families that have children with challenging behaviour. The course for parents/carers of children aged two to eight years runs for 12 weeks and covers;

- > play
- > praise and rewards
- > setting limits
- > dealing with bad behaviour.

For parents/carers of eight to 13 year olds sessions include:

- > rules, routines and responsibilities
- > social and academic coaching
- > special time with children
- > consequences and problem solving.



Understanding Your Teenager

courses are run in Amber Valley, Erewash and south Derbyshire, and are developed in partnership with Derbyshire Youth Offending Service. Courses help parents/carers of youngsters aged 11+ to develop ways of coping with difficult situations, share ideas with others in a similar situation and gain skills in managing a teenager’s behaviour. Eight two-hour sessions are held weekly to focus on:

- > communicating with teenagers
- > teenage behaviour and development
- > positive discipline strategies
- > managing challenging behaviour.

