

**NEW Workshops Added For 2024**



# **FREE Virtual Parenting Workshops Catalogue**

OPFCC Early Intervention Team



*"The Early Intervention service offers support for children, young people and their families and aim to prevent the need for longer term and more costly and complex intervention. Within the team we have specialisms such as prevention and education around knife crime and exploitation and we support families affected by domestic abuse."*

*Northamptonshire Police, Fire & Crime Commissioner*

Professionals can refer individuals onto the next available workshop by clicking on the link below and completing the referral form.

**The family does not have to be currently working with us to access the workshops.**

[CLICK HERE TO MAKE A REFERRAL](#)



# How it Works



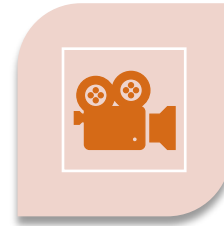
PROFESSIONAL COMPLETES A REFERRAL WITH THE INDIVIDUAL'S CONSENT



ONCE THE REFERRAL FORM IS RECEIVED, ONE OF THE TEAM WILL CONTACT THE INDIVIDUAL VIA EMAIL AND SEND THEM A BOOKING FORM WITH THE DATES AND TIMES OF THE SPECIFIED WORKSHOP



A FEW DAYS BEFORE THE WORKSHOP THE TEAM WILL SEND OUT THE MICROSOFT TEAMS LINK TO THE WORKSHOP WITH INSTRUCTIONS ON HOW TO JOIN



ON THE DAY OF THE WORKSHOP, THE INDIVIDUAL WILL JOIN THE WORKSHOP ON MICROSOFT TEAMS. PARTICIPANTS DO NOT HAVE TO HAVE THEIR CAMERA ON AND CAN CHANGE THEIR NAME ON SCREEN FOR ANONYMITY IF DESIRED



TWO PRACTITIONERS WILL DELIVER THE WORKSHOP LASTING APPROXIMATELY ONE HOUR, WITH TIME AFTER FOR QUESTIONS



THE PARTICIPANT WILL BE ASKED TO COMPLETE A FEEDBACK FORM ON THE WORKSHOP



# Parenting

## Objectives

## Outcomes

### Managing Challenging Behaviours

- To take parental control back.
- To be consistent but fair when implementing boundaries and routines.
- Consider / Identify the triggers before the behaviours.
- Modelling behaviours.
- How to pick your battles.

- Parental confidence to challenge negative behaviours in a positive way.
- Reduce conflict in the home.
- Child/YP feels listened to, can start to share their worries and feelings safely.
- Strategies to create and maintain a happy environment at home and positive family relationships.

### Positive Parenting

- To understand and how to reduce conflict.
- Focus on what's working well.
- The importance of being honest, open and respectful.
- How to foster a healthy attachment.

- Improve parent and child relationships.
- Increase the child's confidence and self-esteem.
- Having a shared respect between child/children and parent/s.
- Home to be a happy and calm environment.



# Teenagers

## Objectives

## Outcomes

### Managing Teenage Behaviour

- To gain an understanding of the teenage brain.
- To gain an understanding of the causes of challenging behaviours in teenagers.
- To learn some strategies to address challenging teenage behaviours.
- To build a positive relationship with your teenager.

- Parents to understand the changes/developments the teenage brain undergoes.
- Parents to gain awareness of the 'typical' behaviours.
- Parents to have gained several, successful strategies to manage their teenager's behaviours.
- Parents to be upskilled in how to form a more positive bond with their teenager.

### Supporting Teenage Emotions

- To gain a better understanding of teenage emotions.
- To learn tools & develop strategies to support with teenage emotions.
- Know how to identify services to support you and your child.

- To learn new skills and tools to help your child manage their emotions and know when and where to get help.

### Teenage Healthy Relationships

- To be able to identify the signs of both a healthy and unhealthy relationship.
- To have an understanding of different forms of control and abuse.
- To gain skills required to talk to your child about their relationships.

- To be able to recognise and support your child if you think they may be in an unhealthy relationship.
- To be able to educate your child around unhealthy relationships to prevent this happening.



# Domestic Abuse & Co-Parenting

	Objectives	Outcomes
<b>Healthy &amp; Unhealthy Relationships</b>	<ul style="list-style-type: none"><li>• To learn about healthy and unhealthy behaviours in a relationship.</li><li>• Looking at warning signs and red flag behaviours.</li><li>• Looking at how healthy and unhealthy behaviours can affect our emotional wellbeing and behaviours.</li></ul>	<ul style="list-style-type: none"><li>• A reduction in police call outs for domestic related incidents in Northamptonshire.</li><li>• Adults will have a greater understanding of healthy and unhealthy relationships and how these affect their emotional wellbeing and behaviour.</li></ul>
<b>Emotional Impact on Children Who Experience Family Conflict</b>	<ul style="list-style-type: none"><li>• For adults to look how their behaviours impact their children and can create adverse childhood experiences.</li><li>• Looking at how children express their emotions when living with parental conflict.</li></ul>	<ul style="list-style-type: none"><li>• For parents/carers to have a better understanding of the impact of parental conflict on their children and reduce the chances of children being emotionally impacted.</li></ul>
<b>The Benefits of Effective Co-Parenting</b>	<ul style="list-style-type: none"><li>• For parents/carers to explore how their co-parenting impacts their children and can go on to create adverse childhood experiences.</li><li>• For parents to explore their co-parenting style with the aim of improving their communication.</li><li>• Help parents/carers to gain an understanding about how they can help their children to navigate parental separation.</li><li>• To support parents/carers in achieving a more consistent approach to co-parenting.</li></ul>	<ul style="list-style-type: none"><li>• For parents/carers to have a better understanding of how positive co-parenting can benefit their children.</li><li>• For parents/carers to have the skills and knowledge to co-parent effectively using a child centred approach.</li></ul>



# Child Exploitation Webinar

## Child Exploitation

### Objectives

- For parents/carers to gain an understanding of child exploitation and the different kinds of exploitation.
- For parents/carers to gain awareness of the factors that increase the risk of exploitation.
- To show the links between going missing, adverse childhood experiences and child exploitation.

### Outcomes

- For parents/carers to be more aware of the signs that their child is at risk or is involved in child exploitation.
- For parents/carers to understand their role and the role of others to keep their child safe and to reduce the risk of harm.
- For parents/carers to be aware of local services and who they can contact for support.

**YVIU**

Youth Violence  
Intervention Unit

*"The positive parenting course has really helped us as parents, both now understanding how to turn things positive. Also now know the importance of rules and boundaries for us all, we continue to work on this as a family. We look forward to the advice on dealing with challenging behaviours. Many thanks."*

"A beautiful warm safe space was offered by the presenters."

"I thought the workshop was very good and understood it a lot doing it the way it was done."

**"Very informative and understandable. The ladies presenting the workshop were very supportive and didn't make it patronising."**

"Very welcoming presenters, really useful, brought up a lot of emotion so grateful we didn't need cameras on. Definitely confirmed my last relationship was unhealthy and abusive and will help will red flags in the future. Thanks both."

**"Fabulous! Thank you, this helped so much! Interesting presentation, lots of food for thought."**

"Nice to hear other parents share their experiences and hear that we are dealing with similar behaviours and also managing similar ways too. It was also reassuring that the presenter shared her personal experiences."

"Both the presenters were friendly, professional and knowledgeable. I really enjoyed the course."

*"It was nice to feel your not alone."*

**"Workshop context was very clear and helped me to understand how healthy relationships effect all life settings. Thank you."**

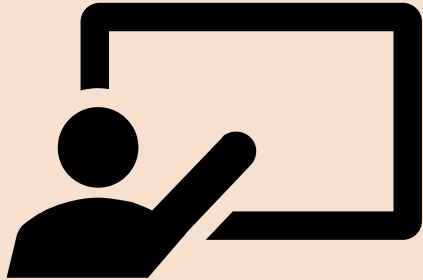
"The way the workshop was delivered has made it easy for me to digest, by being able to talk about real life scenarios and situations has helped me to understand it and for it to sink in. the way you talked about it helped it to make sense."

*"Thought this was a very informative course. Really good how the ladies talks use through the key points and has helped me think about how to use this information with my child."*





# FREE Training For Schools



*To book an appointment or to just find out more, please contact Cheryl Vincent on [cheryl.vincent@northantspfcc.gov.uk](mailto:cheryl.vincent@northantspfcc.gov.uk)*

We offer **FREE**, in-house, 1 hour training sessions for schools on **Adverse Childhood Experiences (ACE's)** and how we can help students and families.

- What are ACE's?
- Indicators of ACE's.
- Applying ACE's when using Thresholds and Pathways.
- Who are the Early Intervention & ACE Team?
- Referral pathway.
- Apply learning through discussion and case study activity.