

New Courses &
Content Added

FREE VIRTUAL PARENTING WORKSHOPS CATALOGUE 2025



OPECC EARLY INTERVENTION TEAM

"As a county, we need to invest more in our young people. I am pleased to offer this service, offering support to children, young people and their families. We can give specialist help, guide young people through many types of issues, and keep on the path to a safe, future where they can fulfil their potential."

NORTHAMPTONSHIRE POLICE, FIRE & CRIME COMMISSIONER – DANIELLE STONE

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



PARENTING

REVISED

MANAGING CHALLENGING BEHAVIOURS

OBJECTIVES

- 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

OUTCOMES

- 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





Domestic Abuse & Co-Parenting

DOMESTIC ABUSE & CO-PARENTING

OBJECTIVES

OUTCOMES

HEALTHY & UNHEALTHY RELATIONSHIPS

- TO LEARN ABOUT HEALTHY AND UNHEALTHY BEHAVIOURS IN A RELATIONSHIP.
- LOOKING AT WARNING SIGNS AND RED FLAG BEHAVIOURS
- LOOKING AT HOW HEALTHY AND UNHEALTHY BEHAVIOURS CAN AFFECT OUR EMOTIONAL WELLBEING AND BEHAVIOURS

- A REDUCTION IN POLICE CALL OUTS FOR DOMESTIC RELATED INCIDENTS IN NORTHAMPTONSHIRE
- ADULTS WILL HAVE A GREATER UNDERSTANDING OF HEALTHY AND UNHEALTHY RELATIONSHIPS AND HOW THESE AFFECT THEIR EMOTIONAL WELLBEING AND BEHAVIOUR

EMOTIONAL IMPACT ON CHILDREN WHO EXPERIENCE FAMILY CONFLICT

- FOR ADULTS TO LOOK HOW THEIR BEHAVIOURS IMPACT THEIR CHILDREN AND CAN CREATE ADVERSE CHILDHOOD EXPERIENCES
- LOOKING AT HOW CHILDREN EXPRESS THEIR EMOTIONS WHEN LIVING WITH PARENTAL CONFLICT

- 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

THE BENEFITS OF EFFECTIVE CO-PARENTING

- FOR PARENTS/CARERS TO EXPLORE HOW THEIR CO-PARENTING IMPACTS THEIR CHILDREN AND CAN GO ON TO CREATE ADVERSE CHILDHOOD EXPERIENCES
- FOR PARENTS TO EXPLORE THEIR CO-PARENTING STYLE WITH THE AIM OF IMPROVING THEIR COMMUNICATION
- HELP PARENTS/CARERS TO GAIN AN UNDERSTANDING ABOUT HOW THEY CAN HELP THEIR CHILDREN TO NAVIGATE PARENTAL SEPARATION
- TO SUPPORT PARENTS/CARERS IN ACHIEVING A MORE CONSISTENT APPROACH TO CO-PARENTING

- FOR PARENTS/CARERS TO HAVE A BETTER UNDERSTANDING OF HOW POSITIVE CO-PARENTING CAN BENEFIT THEIR CHILDREN
- FOR PARENTS/CARERS TO HAVE THE SKILLS AND KNOWLEDGE TO CO-PARENT EFFECTIVELY USING A CHILD CENTRED APPROACH





Young People

YOUNG PEOPLE

OBJECTIVES

OUTCOMES

NEW

SUPPORTING TEENAGE EMOTIONS AND BEHAVIOURS

- 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
- 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

- 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
- TO LEARN NEW SKILLS AND TOOLS TO HELP YOUR CHILD MANAGE THEIR EMOTIONS AND KNOW WHEN AND WHERE TO GET HELP

NEW

THE INTERNET, SOCIAL MEDIA & YOUNG PEOPLE

- TO ASSESS THE POSITIVE USES OF THE INTERNET
- TO UNDERSTAND THE CURRENT TRENDS IN INTERNET USAGE
- TO UNDERSTAND HOW AND WHY YOUNG PEOPLE SHARE CONTENT ONLINE
- TO LEARN HOW TO SUPPORT YOUR YOUNG PEOPLE
- TO UNDERSTAND THE RISKS AND DANGERS THAT YOUNG PEOPLE CAN BE EXPOSED TO ONLINE

- FOR PARENTS / CARERS TO UNDERSTAND THE CURRENT SOCIAL MEDIA TRENDS THEIR TEENAGERS ARE USING
- FOR PARENT'S / CARERS KNOWLEDGE TO BE INCREASED ON THE POSITIVE AND SAFETY ASPECTS OF SOCIAL MEDIA
- FOR PARENTS / CARERS KNOWLEDGE TO BE INCREASED ABOUT THE RISKS ASSOCIATED WITH THE INTERNET, SOCIAL MEDIA AND THEIR TEENAGERS
- FOR PARENT'S / CARERS TO FEEL CONFIDENT SUPPORTING THEIR TEENAGERS IN THEIR ONLINE SPACE



FREE TRAINING FOR SCHOOLS



TO BOOK AN APPOINTMENT OR TO JUST FIND OUT MORE,
PLEASE CONTACT CHERYL VINCENT ON
CHERYL.VINCENT@NORTHANTSPECC.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

