

The Parenting Team offer courses for FREE and ONLINE for the parents of East Sussex.

Triple P Group FEAR-LESS 6 to 7 weeks

- (Ages 4-9) Wednesday 17th April – 22nd May 10:00-12:00pm 6 weeks
- (Age 10+) Wednesday 5th June – 17th July 6:30-8:30pm 7 weeks

New Forest Parenting Programme – 6 weeks(3-11 years) – Children with moderate to severe symptoms of ADHD

- Tuesday 16th April – 21st May 10:00-12:00pm

S.T.O.P Teen Programme for Parents (10+ years) – 7 weeks

- Thursday 6th June – 18th July 10:00-12:00pm

Triple P Group Stepping Stones – 7 weeks (4-10 years) (Children with Additional Needs)

- Tuesday 4th June – 16th July 10:00-12:00pm

The Solihull Approach – Understanding your Baby. Birth -9 months 6 weeks

- Thursday 18th April – 23rd May 10:00-12:30pm

The Parenting Team Offer FREE, ONLINE and stand-alone webinars. To book email EH.0-19parentingteam@eastsussex.gov.uk

The Power of Positive Parenting (2-8 years) 90 minutes

- Tuesday 16th April 1-2:30pm
- Friday 17th May 10-11:30am
- Wednesday 12th June 10-11:30am

Managing Fighting and Aggression (2-12 years) 2 hours

- Tuesday 30th April 12:30-2:30pm
- Tuesday 11th June 6:30-8:30pm

Managing Anxiety and Raising Resilient Children(2-12 years) 90 minutes

- Monday 22nd April 11-12:30pm
- Tuesday 22nd May 1-2:30pm
- Wednesday 19th June 1-2:30pm

Healthy Sleep Webinar (4-11 years)

- Monday 22nd April 1-2:00pm
- Wednesday 15th May 1-2:00pm
- Wednesday 19th June 2-3:00pm

Primary School (Reception to Year 3) 90 minutes

- Monday 29th April 12:30-2:00pm
- Wednesday 5th June 10-11:30am

The Importance of Play (2-10 years)

- Thursday 2nd May 1-2:30pm
- Wednesday 12th June 1-2:30pm

Starting Secondary School (10+) 90 minutes

- Tuesday 21st May 1-2:30pm
- Friday 28th June 10:00-11:30am

Building Teen Survival Skills (10+ years) 2 hours

- Monday 15th April 6:30-8:30pm
- Wednesday 19th June 10-12:00pm

Turning Problem Behaviour into Positive Behaviour(Children with Additional Needs) 90 minutes

- Wednesday 24th April 12:30-2:30pm
- Tuesday 11th June 12:30-2:30pm

Managing Screen Time (2-10 years) 2 hours

- Monday 29th April 10:00-12:00pm

Supporting Parents of Neurodiverse Children (2-19 years) 2 hours

- Wednesday 17th April 12:30-2:30pm
- Monday 3rd June 10-12:00pm

Managing Screen Time (10+ years) 2 hours

- Tuesday 7th May 6:30-8:30pm

Dealing with Disobedience (Getting Your Child to Listen) (2-12 years) 2 hours

- 23rd April 6:30-8:30pm
- Monday 20th May 10-12:00pm
- Wednesday 26th June 12:30-2:30pm