

The East Sussex parenting Team run a range of free online courses for parents/carers. Each course gives specific tips on how you can deal with the most common behaviour problems. If you are interested in joining any course, please contact the parent team directly on the email addresses as indicated below:

Email: EH.0-19parentingteam@eastsussex.gov.uk

ONLINE Stepping Stones Group (Children with Additional Needs)

This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you prefer, cope with stress, teach your child new skills and build better family relationships.

Group Stepping Stones consists of 8 group sessions, with other parents, in weekly 2-hour webinars - together with phone advice and support from your Parenting Coach.

ONLINE (TEEN) Positive Parenting Group (10+ years)

This group can help you cope positively with some of the common issues associated with raising a teenager. It looks at ways to build a stronger relationship with your teenager, resolve conflict in the family and manage problem behaviours. It also explores risky behaviour and keeping your teen safe.

ONLINE FEAR-LESS Positive Parenting Group (ALL AGES)

NEW!

Fear-Less Triple P is designed for parents (and caregivers) of children with moderate to high levels of anxiety that cause significant distress or negatively impact on their everyday functioning. Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
- To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Supporting Secondary School - (10+ years) 90 minutes

Starting secondary school is a big milestone in a child's life.

It marks the end of being at a small primary school and the start of being in a much bigger school environment, where there are greater expectations on a child or young person to be **independent**.

Gain practical advice on how to support your teen in developing independence and resilience in their new school.

Tuesday 4th October 6:30-8:00pm

Wednesday 2nd November 10-11:30am

Wednesday 21st December 1-2:30pm

Turning Problem Behaviour into Positive Behaviour

(children with Additional Needs) 90 minutes

This fantastic session discusses common behaviour problems such as hitting, shouting, and refusing to follow instructions. Gain skills in how to encourage appropriate behaviour and create your own useful parenting plan to make some positive changes at home!

Friday 21st October 10-11:30am

Tuesday 15th November 1-2:30pm

Friday 16th December 10-11:30am

Helping Your Child to Reach Their Full Potential

(Children with Additional Needs) 90 minutes

This session can help parents to improve their child's confidence and social skills. By learning how to teach your child new skills and encouraging progress and efforts, your child will be more able to reach their full potential – a common concern amongst parents of children with additional needs.

Wednesday 19th October 10-11:30am

Monday 21st November 1-2:30pm

Reducing Family Conflict (10+ years) 2 hours

Increased conflict with children during their teenage years is common but can be upsetting for the whole family.

This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family, without constant fights and arguments.

Thursday 13th October 6:30-8:30pm

Wednesday 16th November 10-12:00pm

Wednesday 14th December 10-12:00pm

Building Teenagers Survival Skills for Risky Situations (10+ years) 2 hours

Talking to teenagers about risky situations can be tricky, as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover at their friend's house who you don't know? Do they want to stay at

home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these and/or avoid more dangerous situations.

Monday 3rd October 12-2:00pm

Wednesday 26th October 10-12:00pm

Tuesday 6th December 10-12:00pm

Getting Teens to Cooperate (10+ years) 2 hours

Teenagers are known to become less cooperative during their transition from child to adult. These changes can cause conflict between the parent and the teen. This session will give strategies on how to teach your teen to be more polite, cooperative and to behave appropriately.

Thursday 10th November 6:30-8:30pm

Monday 5th December 12-2:00pm

Coping with Teenagers' Emotions (10+ years) 2 hours

The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teens coping skills and emotional resilience.

Friday 21st October 12:30-2:30pm

Tuesday 8th November 10-12:00pm

Managing Screen time Struggles (10+ years) 2 hours

Teenagers use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. Because they're online so much without your supervision, teenagers need to be able to identify acceptable and unacceptable online content independently. They also need to know how to behave respectfully online and avoid online risks.

Monday 17th October 12-2:00pm

Wednesday 23rd November 10-12:00pm

Wednesday 14th December 6:30-8:30pm

Positive Parenting Group FEAR LESS (ALL AGES) – 8 weeks

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 way to respond to their child's anxiety.

Starts Thursday 3rd November 10-12:00pm