

Barnardo's Responses for Requests for IOW Family Centre Based services



Targeted Early Help service provide centre based services through a range of parenting courses or workshops and, if more appropriate, a one to one session with a parent or family in a centre. We are happy to support partners to identify the most appropriate service or support for a family.

Rather than list the courses the request form lists the outcome or type of information or support the family may benefit from. Please see below for our service offer in response.

All courses are delivered across the Island in response to demand

**All courses and play sessions are free. For further enquiries contact:-
Ryde Family Centre 617617, Sandown 408718 , East Newport 529208**

Help needed with...	Services, sessions or response offered
Building a bond with baby	<p>Baby Five to Thrive – 4 workshops 0-6 months age group, supporting first time or vulnerable parents in building healthy attachments with their babies.</p> <p>Baby Incredible Years, 0-1 year age group, evidence based programme for more vulnerable parents, focusing on supporting parents with communication and play, safety, weaning, sleep etc.</p> <p>We would also encourage to attend Baby Play sessions or refer to HomeStart</p>
Breastfeeding support	<p>Breastfeeding support within Play sessions at Sandown Family Centre on Tuesday am 10-11.30 and West Wight Family Centre Monday 10-11.30am</p> <p>Or one to one sessions from a member of the team (contact Rachel Price at Ryde tel. 617617)</p>
Supporting children's learning through play	<p>Building Blocks (see below) or encourage to attend Centre or Community stay and play sessions</p>

Help needed with...	Services, sessions or response offered
Supporting children's learning through play	<p>Baby Play open drop in sessions led by volunteers Tuesday 10-11.30 East Newport Family Centre Wednesday 10-11.30 Sandown Family Centre Thursday 1-2.30 Ryde Family Centre</p> <p>Family Play open drop in sessions led by volunteers- Tuesday 10-11.30 Sandown Family Centre Wednesday 10-11.30 – East Newport Family Centre Thursday 10-11.30 – Ryde Family Centre</p>
Developing Child's Communication	<p>Language builders – 4 week course for parents with children 2 to 2 ½ yrs. A programme supporting language development in children with delayed speech. Valuable whilst children wait for a referral to come through from the Speech and Language Therapists.</p> <p>Bookstart – 90 minutes session for parents with a 2 year old, promoting the benefits of sharing books and how this can promote language development. Free gift of Books and resources to share with children.</p>
Advice on safety and first aid	Provided on a one to one session or within some of the courses
Advice on smoke free homes	Provided in clinics and play sessions or on a one to one
Advice on money management	Support with referral onto appropriate services
Parenting skills for toddlers	<p>Building Blocks for Toddlers – 5 weeks, 1-3 age group, parenting course for parents needing support with understanding their child's stage of development and wanting strategies to manage what they are finding challenging.</p> <p>Parents under 24 -Play session Little Paws at West Newport – Thursday 1-2.30</p>
Parenting skills for pre-school	Depending on age and behaviours struggling with – Building Blocks or Family Links

Help needed with...	Services, sessions or response offered
Parenting skills for primary age children	<p>Family Links – 10 week course suitable for 3-13 age group. Evidence based Nurturing Parenting programme to provide positive parenting strategies.</p> <p>Session 1: Giving Praise Session 2: Discipline Session 3: Rules, rewards and penalties Session 4: Power and self esteem Session 5: Feelings Session 6: Kinds of touch Session 7: Child development and realistic expectations Session 8: Sex and helping to keep children safe Session 9: Types of behaviour to ignore Session 10: Celebration!</p>
Parenting skills for teenagers	<p>Talking Teens – 4 weeks, supporting parenting of teenagers – based on Family Links programme.</p> <p>Teen Triple P – 8 weeks, parenting teenagers with complex and challenging behaviour</p> <p>Weeks 1–4: The 4 weekly group sessions explore the following themes which are vital to positive parent–teenage child relationships regardless of the issues your family are experiencing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Effective parenting strategies, <input type="checkbox"/> How to promote your child’s development, <input type="checkbox"/> How to manage common teen behaviour problems <input type="checkbox"/> Principles to help you deal with almost any situation that might arise <p>Weeks 5-7: Practice at home with telephone support</p> <p>Week 8: Recap and Celebration!</p>

Help needed with...	Services, sessions or response offered
Advice on healthy eating and nutrition	<p>HENRY – 8 weeks, 0-8 age group, led by Nadine, Healthy Exercise and Nutrition for the Really Young – Evidence based parenting programme to support families to build a healthy relationship with food and exercise</p> <p>Week 1 – Decide what changes you want to make and set your own goals Week 2 – How to juggle life with young children so you all get what you need Week 3 – How to respond to children’s needs without giving in to all their demands Week 4 – Positive mealtime tips for a happy family – reducing mealtime stress for everyone Week 5 – Ideas for active play to help children learn, develop and stay happy Week 6 – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps Week 7 – Understanding and managing your child’s behaviour for a happier home Week 8 – Celebrate your success as a parent and plan the future for your family</p> <p>Let’s get active, Eat well for less, and Starting solids workshops also available</p>
Advice and Support for children with ADHD	<p>New Forest parenting programme , children with ADHD, 3-11 age group, can only be referred to through GP or Paediatrician. Or one to one advice and support in the centre or by phone</p>
Advice and support for children with ASC	<p>CYGNET – 6 week parenting course for parents of children with a diagnosis or going through the process of getting a diagnosis for children on the autistic spectrum, additional 2 x weeks on siblings and 3 x weeks puberty sexual health and relationships. Evidence based programme. Or one to one advice and support in the centre or by phone</p>

Additional Barnardo’s Counselling services provided at Family Centres

Frankie Worker Counselling Service – For children and young people affected by Sexual Exploitation, Child Sexual Abuse and Female Genital Mutilation.

Talk 2 Counselling Service for Children and Young People – Parent, GP or Health Professional can refer child/young person for up to 6 sessions with a Talk2 counsellor. Contact Jennie Ormerod – 01983 865657