

Who are we?



Support for parents and carers of children aged 0-18

Part of Croydon's Early help response – consent based

'Parenting' team



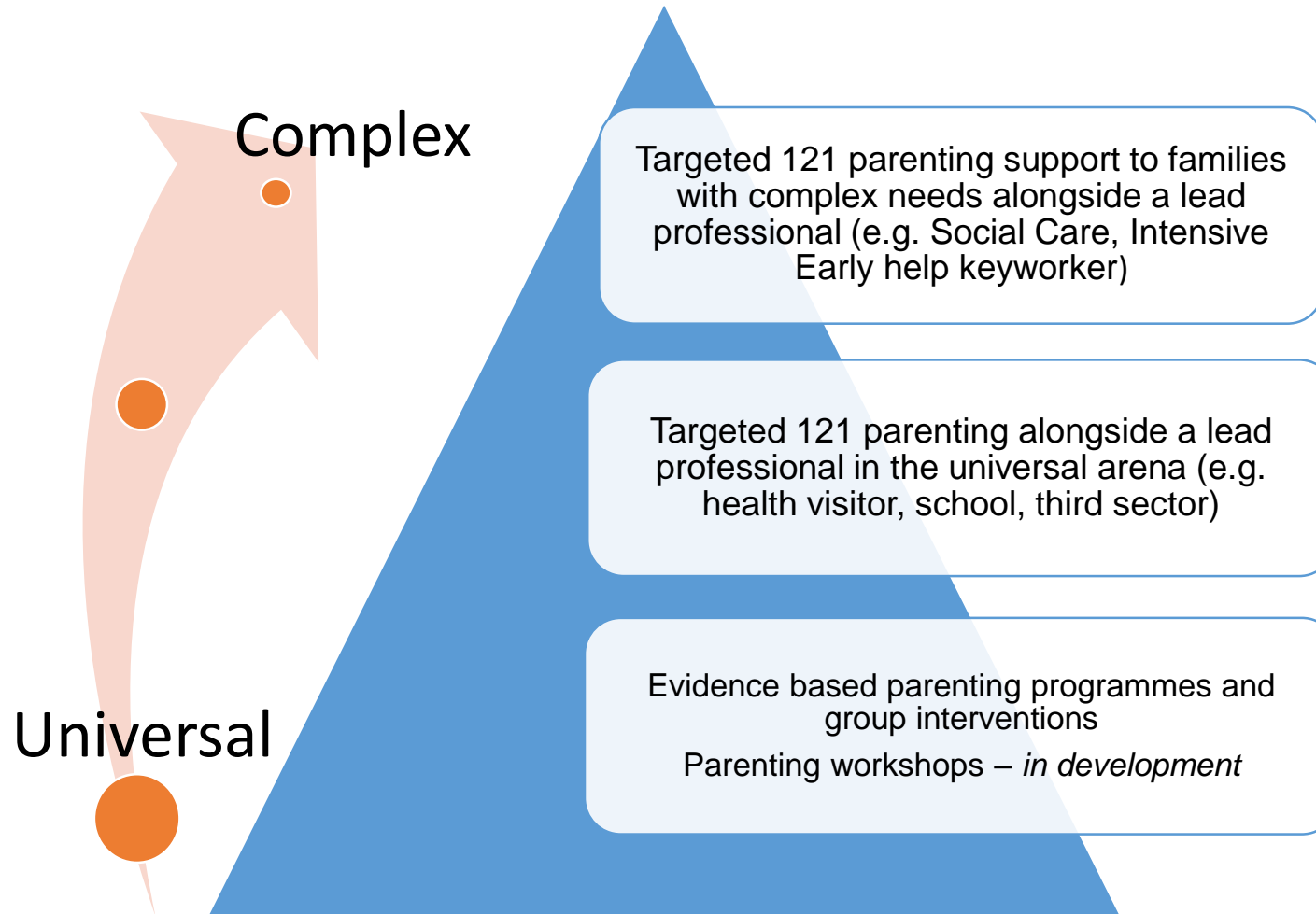
Support and Interventions team

Evidence based group programmes and targeted support



Based across three localities (North, Central and South)

What do we do?



What do we do?

Parenting programmes and group interventions



Antenatal
20-30 weeks' gestation
Meet and greet plus 6 group sessions



Mothers and their children aged 0-3
Pre-course visit (121)
14 group sessions



Parents and carers of children aged 0-12 and 13-17
Meet and greet, 5 group sessions and 3 telephone consultations

What do we do?

Parenting programmes and group interventions



- ✓ Pregnancy as an opportunity for early intervention – **'normalising' accessing support** as part of families' antenatal care
- ✓ Group environment provides a platform for social learning and **building support networks** – link in with children centres
- ✓ Reflection space for participants to think about what 'kind of parent' they want to be and impact of their **own experience of being parented**
- ✓ Helping participants understand how their **own emotional and physical well-being** may affect their child, before and after birth.



What do we do?

Parenting programmes and group interventions



- ✓ Whole day programme, including **personal workshop** focusing on parents' needs and (childhood) experiences, **joint play and activity session** for mothers and children and **parenting-themed workshops**
- ✓ Promote **healthy mother-child attachment** and model a nurturing, caring approach (e.g. shared lunch)
- ✓ Use of **strength-based video feedback** (parent-child interactions) to increase participants' parenting confidence
- ✓ Separate children's group to **promote children's learning and development**

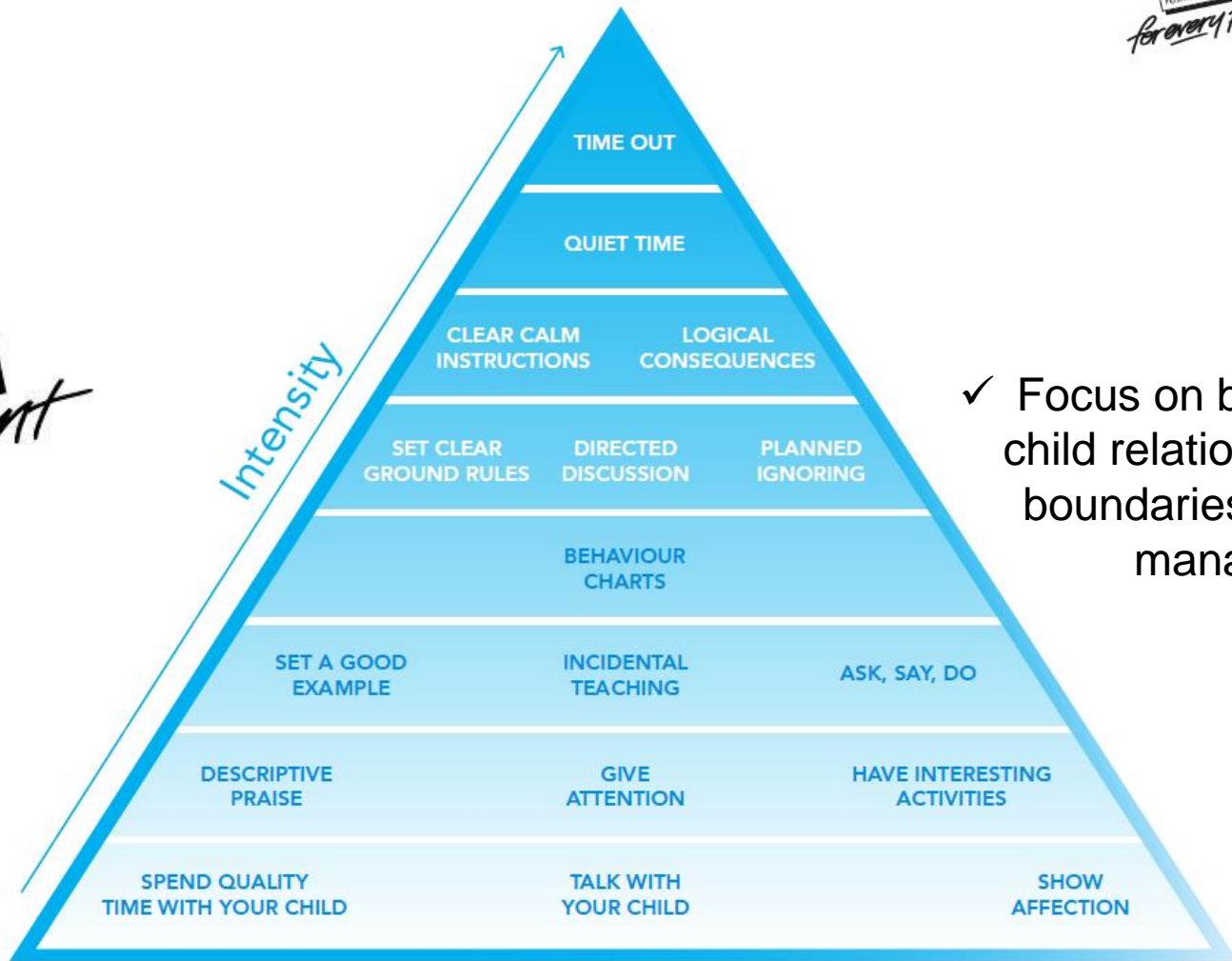
What do we do?

Parenting programmes and group interventions



- ✓ Separate group interventions for parents/ carers of children **aged 0-12 and parents/ carers of teenagers.**
- ✓ Helping parents **recognise and reward positive behaviour** to reduce misbehaviour and increase parental confidence
- ✓ Helping parents understand their **children's needs** at different developmental stages, as well as identifying **factors impacting on children's behaviour** (e.g. peers, family history, co-parenting)
- ✓ Use of **social learning model** that allows parents to share advice and guidance – focus on **parental self-care** and well-being
- ✓ Crèche available for some groups (0-5 years)

THE TRIPLE P STRATEGY PYRAMID



✓ Focus on building positive parent-child relationships and setting clear boundaries to reduce the need to manage misbehaviour

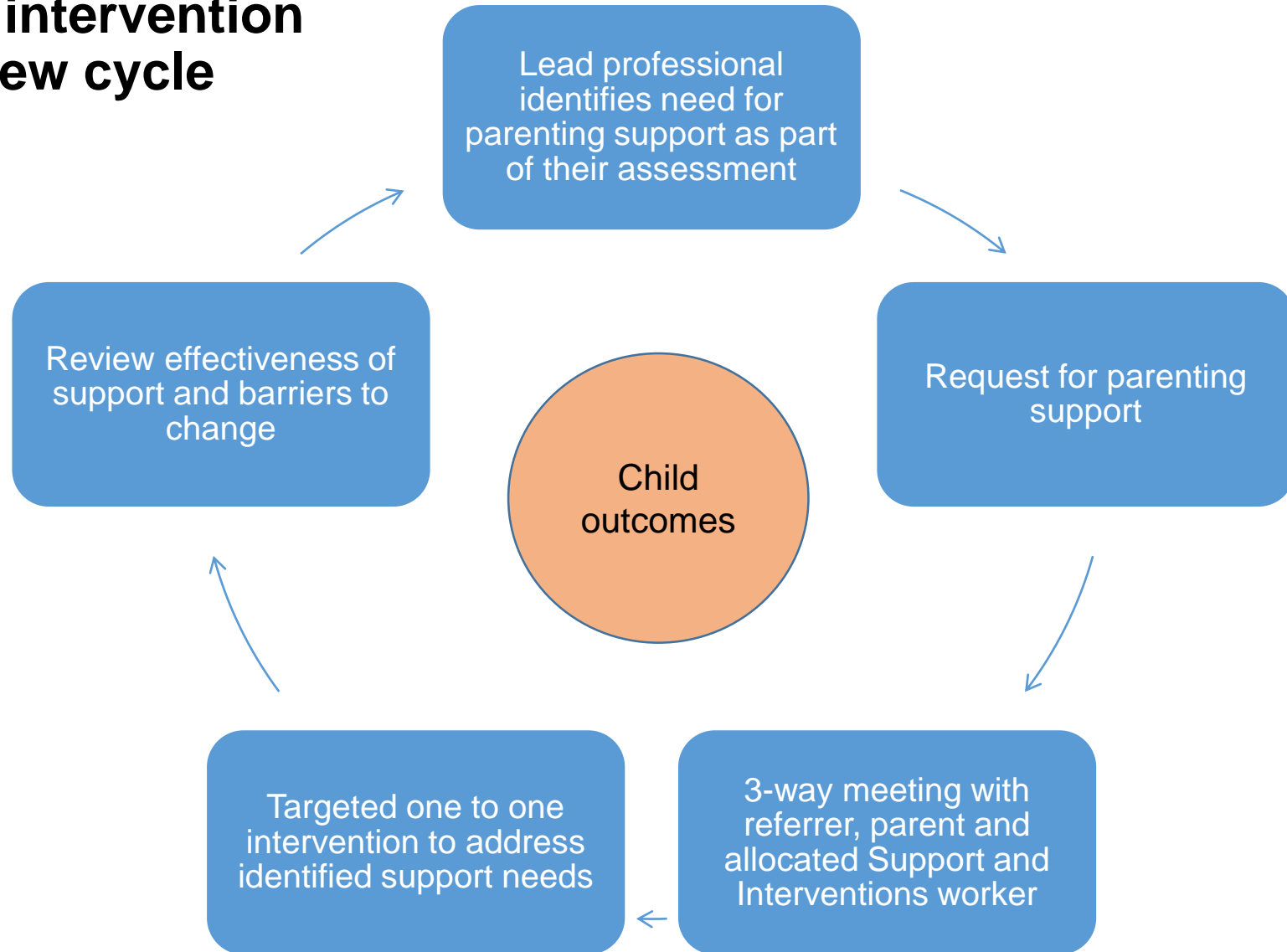
What do we do?

Targeted 121 interventions for families

- ✓ Supporting parents and carers **alongside a lead professional** (statutory or Early help services) – team does not hold cases.
- ✓ Addressing **needs linked to parenting** as identified in the child's assessment
- ✓ Intervention for a **maximum of three months**
- ✓ Intervention needs to be **outcome-focused** and clearly linked to improving outcomes for the child(ren) in the family
- ✓ S&I worker works as **part of the team around the family**, e.g. attends and feeds into TAFs, statutory meetings etc.



Targeted intervention – review cycle



Whilst we primarily work with parents/ carers, the focus remains on the child.

How does our intervention make a difference to the child's lived experience?

What do we do?

Targeted 121 interventions for families open to Early help and statutory services

This can include:

- ✓ Building parent-child relationships and promoting healthy attachment
- ✓ Impact of parental mental health/ substance abuse on parenting
- ✓ Supporting children's emotional development
- ✓ Impact of parents' own (childhood) experiences on their parenting



Nurture



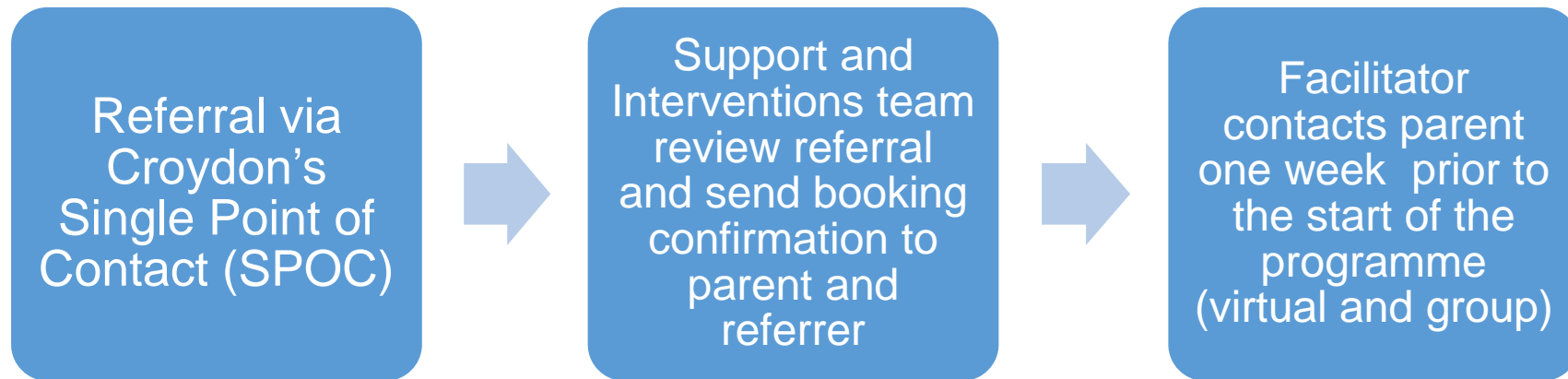
Structure

This can include:

- ✓ Routines and boundaries
- ✓ Consistent co-parenting
- ✓ Having age appropriate expectations and an understanding of healthy child development
- ✓ Appropriate strategies to manage misbehaviour
- ✓ Adapting strategies to meet children's (additional) needs

How to refer

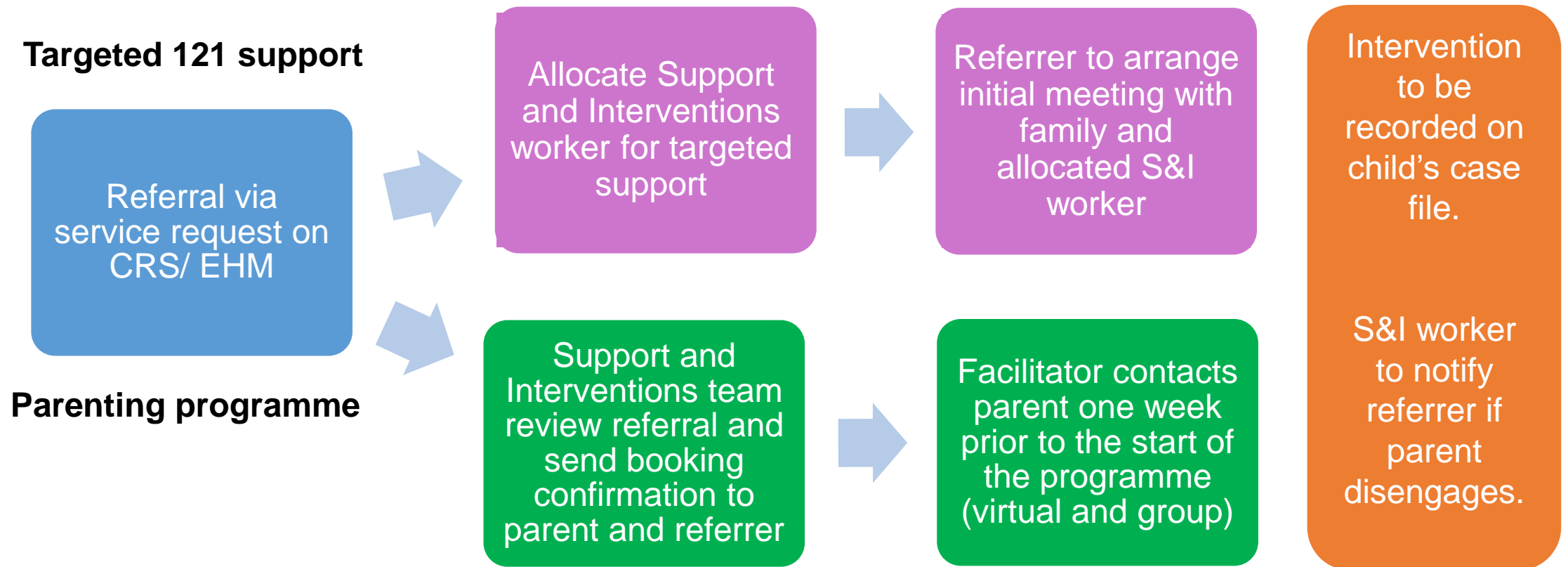
Referral pathways – external partners



If we are unable to contact parents or parents disengage, we will notify the referrer.

How to refer

Referral pathways – internal partners



Other services in the community

Commissioned:

- [Children Centre services](#) for children under 5
- [Parent Infant Partnership \(PIP\)](#) promote healthy attachment and bonding from conception to age 2
- [EPEC Being a Parent](#) is an 8-week, parent-led group programme (0-5)
- [Family Nurse Partnership](#) (FNP) is a voluntary home visiting programme for first time mums aged 19 and under (24 for care leavers)
- [RISE Non Violent Resistance](#) programme aimed at parents experiencing adolescent to parent violence (age 10-14)
- [Building Relationships programme](#) to support parental relationships and co-parenting
- [Helping Families Team](#) are a specialist CAMHS service to support parents open to SLAM

Other services in the community

SEND:

- The [National Autistic Society \(NAS\)](#) provides advice and guidance as well as a number of support services, including parenting support and after school clubs
- [Jubilee Parenting](#) run Chill n Chat sessions for parents of children with SEND
- [Parents in Partnership](#) support parents and carers of children with SEND
- [Kids SENDIASS](#) provide advocacy support and guidance

Fathers:

- [Mind the Dad](#) provides support to fathers of children (0-1) through the Anna Freud Centre
- [Man&Boy](#) offer workshops to strengthen the bond between boys aged 9-12 and a significant male in their lives

LGBTQ+:

- [Mermaids](#) provide advice and guidance for transgender children, YP and their parents

Getting in touch

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