



# Parenting Groups Information Booklet

This booklet gives an overview of the core  
**Bristol Children's Centres**

Parenting Programmes for parents/carers who have  
children aged 0 - 8 years old across the whole city.

Bristol Children's Centres also run Antenatal  
programmes which are a great way for  
***'parents to be'*** to commence their journey into  
parenthood and beyond supported by their local  
services...

Follow this link to register your interest:

**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)**





# Welcome To The World (Antenatal)

**For who:** all ‘parents to be’ (including partners or another supporting adult) from around 22 weeks of pregnancy onwards

**Course length:** 5 Weeks (2 hours per week)

**Run by:** experienced Bristol Children’s Centre facilitators

This ‘in person’ course is a relaxed way for parents to think about the transition to **‘preparing for parenthood’** and discuss issues that can be a challenge for every new parent/carer.

You'll meet other parents/carers (creating a peer support atmosphere) and each week will have a different focus. The programme highlights how baby develops before and after birth as well as encourages parents/carers to understand their own emotional health and what their future family might look like. There will be aspects of ‘practical care’ when it comes to looking after baby, these include topics like: *feeding, sleeping and bath time*. You will also be signposted to what support is available post birth and beyond...





# Rockabye (Antenatal)

**For who:** all pregnant women/people

**Course length:** 6 weeks (1.5 hours per week)

**Run by:** a dedicated 'Rockabye' team that co-facilitate with Children's Centre staff

This small 'in person' group gives you the chance to reflect on your hopes and fears about becoming a parent. During these sessions you can take time to enjoy your pregnancy and connect with your baby through relaxation exercises and creative activities. Perhaps the journey to becoming pregnant has been difficult or maybe there were problems with a past pregnancy that makes this pregnancy challenging. You might be feeling **anxious** or **depressed** during your pregnancy and would like some support in managing the emotional impact of pregnancy.

**Find out more here:** [www.rockabye.org.uk](http://www.rockabye.org.uk)





# Rockabye (Postnatal)

**For who:** parents/carers of babies aged 0 - 6 months old (this is a group for adults to attend with their baby)

**Course length:** 10 - 12 weeks (75 mins per week)

**Run by:** a dedicated 'Rockabye' team that co-facilitate with Children's Centre staff

This small 'in person' group is a place to come and meet other parents, share your experiences and spend time nourishing the bond between you and your baby.

There may be something getting in the way of you feeling like you can enjoy time with your baby. Are you feeling low or worried? Are you suffering from **postnatal depression** or **anxiety**, or other mental health difficulties? Perhaps you had a difficult birth experience or a difficult journey to becoming a parent? Like many new parents, you may be finding the transition to parenthood harder than you thought. Postnatal Rockabye is a space where you can feel really heard and supported.

**Find out more here:** [www.rockabye.org.uk](http://www.rockabye.org.uk)





# Circle of Security Parenting

**For who:** parents/carers of children aged 0 - 5 years (this is an adults only group and creche spaces are subject to availability. Creche spaces recommended for babies aged 6 months and over).

**Course Length:** 9 weeks (2 hours per week)

**Run by:** experienced Bristol Children's Centre facilitators and supported by Bristol's Primary Infant Mental Health Specialists Team (PIMHS).

This '**parent reflection**' programme offers relationship tools to provide a new way of understanding children's needs with an aim to create lasting security of children and more satisfaction in parenting. Course content includes:

- Supporting your child's emotional needs
- Understanding your relationship with your child
- Helping your child manage their emotions
- Looking differently at your own mental wellbeing



# Parenting Puzzle

**For who:** parents/carers of children aged 0 - 5 years (this is an adults only group and is offered in person or online).

**How long:** 4 weeks (2 hours per week)

**Run by:** experienced Bristol Children's Centre facilitators

This programme is a condensed version of 'The Nurturing Programme' made up of four **workshops**. Parents/carers will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Content includes:

## Workshop 1

- Understanding your child's behaviour
- Listening and communication

## Workshop 2

- Praise and guidance
- Power of play and positive moments

## Workshop 3

- Boundaries and parenting styles
- Understanding and managing behaviour

## Workshop 4

- Dealing with stress and conflict
- Developing the Family Toolkit





# The Incredible Years: Toddler Programme

**For who:** parents/carers of children aged 1 - 3 years (this is an adults only group)

**How long:** 12 weeks

**Run by:** experienced Bristol Children's Centre facilitators

This in person programme is designed to strengthen child well-being, promote social-emotional learning and prevent, reduce, and improve behavioural and emotional challenges. Content includes:

**Over the 12-week course, there is a focus on 8 key areas:**

Part 1: Child-Directed Play Promotes Positive Relationships

Part 2: Promoting Toddler's Language with Child-Directed Coaching

Part 3: Social and Emotion Coaching

Part 4: The Art of Praise and Encouragement

Part 5: Spontaneous Incentives for Toddlers

Part 6: Handling Separations and Reunions

Part 7: Positive Discipline— Effective Limit Setting

Part 8: Positive Discipline— Handling Misbehaviour





# The Nurturing Programme

**For who:** parents/carers of children aged 3 - 8 years (this is an adults only group).

**How long:** 10 weeks (2 hours per week)

**Run by:** experienced Bristol Children's Centre facilitators

This in person programme is a **parenting approach** that is designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive family relationships. Content includes:

## Understanding – why children behave as they do

## Recognising – the feelings behind behaviour (our and theirs)

## Exploring – different approaches to discipline

## **Finding** – ways to develop co-operation and self-discipline in children

## Learning – the importance of looking after ourselves

The Nurturing Programme is built on four constructs: **Self Esteem, Self Awareness, Appropriate Discipline and Empathy.**







# Online Learning

There are **FREE** online self-led parenting courses available on the Bristol Family Hubs website.

These are designed to help parents and carers understand their children's feelings better and how they can support their children through the years as they develop and grow.

The courses cover different stages of a child's development and give helpful advice to support the emotional health and wellbeing of both children and parents or carers.

The courses have been developed by a team of NHS professionals who worked with practitioners and parents/carers to develop the online offer.

Just visit the 'Parenting Courses' page on the Family Hub website:

**<https://www.bristol.gov.uk/bristol-family-hubs/parenting-courses>**



# Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

**Free**  
groups for  
adults run  
by Bristol  
Children's  
Centres

Scan here  
to find out  
more and  
register your  
interest!



Your parenting  
toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

For more information please call: **07721 311 497**  
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find  
the best group option for you.