



# What Is The Liverpool Parenting Offer?

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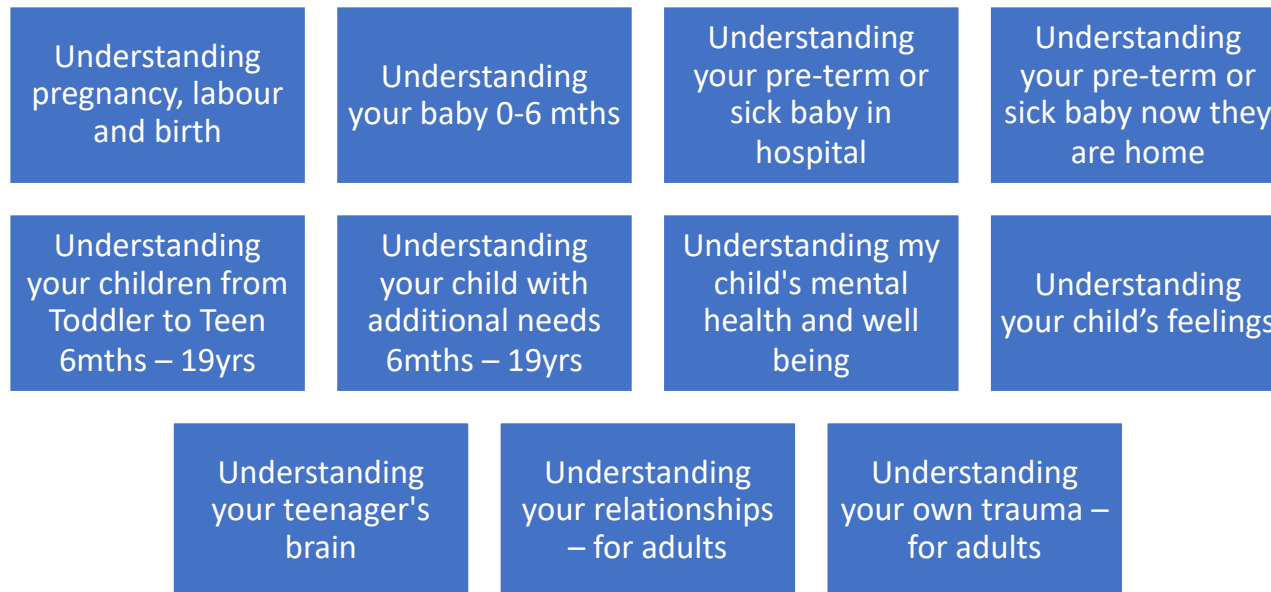
- A variety of parenting information which is available on the FISD
- A new section of the directory “Best Start For Life” which has information on everything that an expectant/ new parent/carer, could need to help them on the start of their parenting journey.
- A widened range of evidence-based and inclusive parenting courses/ programmes which are delivered both face to face and online for parents/ carers across the city.
- An offer to support parents experiencing relationship difficulties, separation, divorce whilst still co parenting.
- The Liverpool Parenting Newsletter  
<https://sway.cloud.microsoft/4Jd41QtBB28CSJ9Z?ref=Link>



# Universal Evidence Based Parenting Support...

Solihull Online – Universal Courses – can register for free if a Liverpool resident –

- website <https://inourplace.co.uk/liverpool/>
- Use **access code “Purplebin”** for any course.
- Or scan the QR code to register.
- Courses available in over 108 different languages.



# Courses to help parents plan and prepare for the start of their parenting Journey.....

## Welcome To The World – From The Centre for Emotional Health

- 8-week Face to Face Group programme – 2 hours per week
- For parents from 24 weeks gestation up to their child being aged 2 years
- Evidence based programme with two trained Facilitators
- Clinical evaluation tools used to measure parents progress before and after the programme.

Helps – knowledge and skills in practical care, parental wellbeing, improved attunement and bonding, understanding and appreciating the needs and intentions of babies, increased awareness on values, hopes fears using personal reflection.

## Triple P For Baby – Triple P

- 4 weeks face to face group programme – 2 hours + 4 weeks of ½ hr telephone call per follow up each week – final week could be a group drop in.
- For parents from 36 weeks gestation up until their child is 1 year of age
- Evidence based programme with 1-2 trained facilitators
- Clinical evaluation tools used to measure parents progress before and after the programme.

Helps – parents to understand and manage positive parenting and child development, responding to your baby, infant feeding, sleep, crying, practical care, survival skills, strategies to manage parental emotions, relationship changes and communication, wider support.



# Courses for parents in the middle of their parenting journey...children from aged 3 years up....

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- The Nurturing Programme – The Centre For Emotional Health
  - 10-week face to face group programme – 2 hours per week
  - For parents of children from aged 3-12 years with adaptations available for under 3 and teenagers.
  - Evidence based programme with two trained facilitators
  - Clinical evaluation tools used to measure parents progress before and after the programme.

Helps – improvement in parental wellbeing, in children's behavioral and emotional development, helps parent child emotional and affection, play and enjoyment, empathy and understanding, parental control, discipline and boundary setting, increases levels in self efficacy. Helps parents understand the pressures of parenting, self acceptance, learning and knowledge.



# Inclusive Parenting Support

## Strengthening Families Strengthening Communities Inclusive Parenting Programme – Race Equality UK

- A 12-week face to face group programme – 3 hours per week
- For parents with children aged from 3 years to 18/25
- An evidence-based programme delivered by two trained accredited facilitators
- Clinical evaluation tools used to measure parents progress before and after the programme.
- Programme manuals are available in other languages and in pictorial form for adults with learning needs.

Helps – Parents to learn new skills and techniques to promote violence free healthy lifestyles for their children both within the home and community settings in which they live. Support parents in how to learn to use a positive process of discipline, boundary setting, dealing with conflict and confrontation, use of praise, attention, clear instructions, logical consequences.

Parents will explore the building blocks for success, the model of family and community violence, which challenges raising children in today's modern society. A focus on culture, values, spiritual beliefs within the family, enhancing relationships, children's rites of passage and family community involvement.



# Parental Relationship Support

New services to support parents – together or separated and co parenting to reduce parental conflict

Liverpool Healthy Relationship Co Ordinator is now offering a series of drop ins within our new Family Hub settings for parents to access signposting and guidance in relation to relationship difficulties.



These will be held at our North Hub within Clubmoor and Ellergreen Children's Centre and within our new South Hub at Five for Families Childrens Centre.



Michelle will be commencing a new Parent Group in Spring 2024 – **"Strengthening Family Relationships"** for parents who wish to improve relationship communication or improve how they co parent whilst separated to reduce conflict.



# Questions and Get In Touch...

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## The Team

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