

# Early Help Newsletter – Spring 2021



## Parenting Update

### Online Parenting Support

We are continuing to support parents and carers and offer interactive parenting courses online. We are reviewing all groups continually within the guidance to ensure we are offering a full service to parents in the safest way.

Service requests are made through the Early Help Hub.

[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

The courses available are:

- Being Passionate About Parenting - Early Years 1 - 3 years
- Being Passionate About Parenting 4 -11 years
- Being Passionate About Parenting with a basic introduction and an awareness to ADHD 5 – 11 years
- Being Passionate About Parenting with a basic introduction and awareness about the “Spectrum” 5 – 11 years
- Being Passionate About Parenting – The Teenage Brain 12 -17 years
- Take 3 – Supporting Teenagers 12 – 17 years
- Incredible Years – sessions include Understanding behaviour and discussing positive strategies, promoting self-esteem, developing routines, problem solving, looking at communication and strengthening parent /child interactions. At present Incredible Years is delivered for Parents/ Carers of children 3 to 5 years and 6 to 11 years.

### Family Work

Early Help Family Workers provide support for families with children aged pre-birth - 12 years with their consent.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents/>

### Youth Work

Early Help Targeted Youth Workers provide support for young people (aged 13-18 years) with their consent.

For more information please see below:

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents/>

### Family Information Service and Parenting Podcasts

For useful parenting information please access the Family Information Service website (search understanding feelings and emotions) and Parenting Podcasts – (search Podcasts)

[www.supportincornwall.org.uk](http://www.supportincornwall.org.uk)

### Solihull Parenting

As well as a range of free courses The Solihull Approach have released a **NEW** online course for TEENS: ‘Understanding your brain’ (this programme is for teenager’s) We think they will find it fascinating!

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-community-health/free-online-parenting-courses-the-solihull-approach/>



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## Home-Start Kernow Groups

With the new lockdown, we understand that families might be under further stress at home and have expanded our groups to include Under 8's now at home due to the restrictions.

We continue to offer a Baby, Toddler and Twins and Multiples group, as well as a Parent-to-Parent support groups for families in Cornwall.

The sessions are usually 1 hour each and run for 6 weeks, using Zoom.

If you would like a referral form and any further details, please get in touch or visit our website -

<http://homestartkernow.org.uk>

## Parent Advice Line

Do you need some support and advice to understand your child's needs and behaviour?

- Advice on positive parenting
- To understand the importance of routines for your family

Follow the below link to find the relevant contact details for your local area.

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/service.page?id=IVXuaOkj1Mg>



## Bump to Baby

An ante-natal course – all presentations are available to watch here

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=3eUP45FLH3I>

Parent Support Pages

[Emotional Resilience for Parents and Carers - Cornwall Council](#)

The page is updated weekly to include relevant content to help Parents/carers and child/ren. It is full of ideas and resources and links to many useful websites, blogs and podcasts.

## Contact us

Email:

North Cornwall Family Hubs – [northcornwall.familyhubs@cornwall.gov.uk](mailto:northcornwall.familyhubs@cornwall.gov.uk)

Caradon Family Hubs – [caradon.familyhubs@cornwall.gov.uk](mailto:caradon.familyhubs@cornwall.gov.uk)

Restormel Family Hubs - [restormel.familyhubs@cornwall.gov.uk](mailto:restormel.familyhubs@cornwall.gov.uk)

Carrick Family Hubs – [carrick.familyhubs@cornwall.gov.uk](mailto:carrick.familyhubs@cornwall.gov.uk)

Kerrier Family Hubs – [kerrier.familyhubs@cornwall.gov.uk](mailto:kerrier.familyhubs@cornwall.gov.uk)

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