

Parenting courses:

Parents on the Ball

Parents on the Ball is a 10 week program delivered jointly with the Albion Foundation. The program will look at parenting skills, increase confidence and health & fitness.

Triple P/Teen Triple P

Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience, aggression.

Changes

Changes is delivered in three age ranges 0-3, 4-10 and 11-19. The aims of the programme are to:

- Improve parent's knowledge, confidence and skills,
- Raise parent's aspirations for themselves and their children,
- To reflect on how parents can support their children's development and learning,

To encourage parents to take credit for their child's success and achievement,

To know where to find information, advice and support on children's development and learning.

Solihull Approach

- To promote understanding of children's behaviour within context of developmental issues
- To increase confidence and self-esteem in parent and child, to give parents strategies for repair when things go wrong
- To develop a framework for thinking about parent/child relationships,
- To promote reflective, sensitive and effective parenting



inspire to achieve

Specific to this centre: Burnt Tree Children's Centre

Special Programmes

Check and Chat

A WellComm check is a quick, simple assessment to review your child's speech and language skills. We can help you as a parent with ideas that will support and encourage your child to become a confident communicator.

Thursday: 11:00am-12:00pm and 1:30pm-2:30pm. **Burnt Tree Children's Centre**

Make Talking Fun!

Fun, interactive sessions supporting the speech and language skills in young children. This is a six-week programme of speech and language activities designed to encourage the development of talking, listening and understanding skills in babies and young children.

Wednesday: 10:15am-11:30am (Under 1's only). **Langley Library**

Thursday: 10:00am-11:00am. **Burnt Tree Children's Centre**

Ready, Steady, Learn Workshops

Ready, Steady, Learn is a six week programme of activities designed to encourage children to develop and learn skills that will help give them a positive start in their learning.

Tuesday: 1:30pm-2:30pm (Under 3's only). **Burnt Tree Children's Centre**

Volunteering opportunities

Are you interested in volunteering in the local community? Want to develop your skills or gain experience in a particular field? As well as it being a great way to support children and young people you can learn new skills, improve your CV, build your confidence and meet new people. Volunteering is also rewarding it can also be really good fun. Call 0121 522 5150 for more information.