

Walsall's Menu of Parenting Support

EARLY HELP SUPPORTING FAMILIES



Information on Parenting Support available in Walsall



Walsall Council



Service / programme	Who delivers this programme	Who the programmes is for	Key Aims	How to access
Online Parenting support offer				
<ul style="list-style-type: none"> Understanding my Pregnancy, Labour and Birth Understanding my Baby Understanding my Child Understanding my Teenager <p>Additional programmes:</p> <ul style="list-style-type: none"> Understanding my Child with additional needs Understanding my own Brain – For Teenagers Understanding your Child's Mental Health and Wellbeing 	<ul style="list-style-type: none"> Early Help Commission the online programmes through Solihull Approach 	<ul style="list-style-type: none"> Any Parent/ Career/ Grandparent living in Walsall with a child 0-19yrs Any professional working in Walsall who wants to understand more about evidence based parenting support 	<ul style="list-style-type: none"> Increase knowledge of children's development Increase understanding about children's brain development Increase reflective and sensitive parenting practices <p>Professionals can offer extra support to parents by completing the course with parents as part of their own support offer.</p>	<p>Go to inourplace ourplace online Parenting child education courses</p> <p>Pregnancy free access code: WALSOLIHULL APPROACHPOSNT</p> <p>Baby free access code: WALSOLIHULLAPPROACHANT</p> <p>Child programmes free access code: WALSAPARNT</p> <p>Teen programmes free access code: WALSAPARNT</p> <p>Additional needs programmes free access code: WALSAPARNT</p> <p>Brain for Teenagers programmes free access code: WALSAPARNT</p> <p>Mental Health and Wellbeing programme free access code: WALSAPARNT</p>
Antenatal Parenting support				
<ul style="list-style-type: none"> Antenatal Parenting Programme Womb to the World Transition to Fatherhood Mellow Bumps 	<ul style="list-style-type: none"> Health in Pregnancy service 	<ul style="list-style-type: none"> Any parents living in Walsall pregnant Mellow bumps is for any pregnant parent with extra health and Social Care needs like MH,DA, Substance issues. 	<ul style="list-style-type: none"> Preparation for Parenting Understanding pregnancy labour and birth Supporting Fathers Understanding the needs of newborns 	<p>Parents and professional can call 01922 423252</p>
Parents of 0-5yrs				
<ul style="list-style-type: none"> Introduction to Solids Workshops Behaviour Management Workshops Toilet Training Workshop Sleep workshops 1:1 Infant Feeding Support sessions 	<ul style="list-style-type: none"> Health Visitors 	<ul style="list-style-type: none"> Parents of children 0-5 years including parents of children with disabilities 	<ul style="list-style-type: none"> Increasing knowledge and understanding of the needs of children 0-5 years old 	<p>Specialist Health Visiting team – Child development centre: work with a multi-disciplinary team to offer assessments and timely interventions to children with disabilities and complex needs Contact number: 01922 605800</p> <p>Specialist Health Visiting team for vulnerable families asylum seekers, refugees, families living in temporary accommodation, gypsies and travellers Contact number: 01922 605656 vulnerableteam.healthvisiting@nhs.net</p> <p>Parents and carers can contact our service, telephone: 01922 603074 between 9am and 5pm Monday to Friday (excluding bank holidays) or email: walsallhealthvisiting.spa@nhs.net</p>
Parents who are Young Parents				
<ul style="list-style-type: none"> Young Parents programme 	<ul style="list-style-type: none"> Nacro / Black Country Impact 	<ul style="list-style-type: none"> Young parents aged 15-29 years 	<ul style="list-style-type: none"> Confidence building, understanding babies, children & relationships, paediatric first aid, budgeting advice, access to other learning. free childcare, lunch & transport available 	<p>Contact Black Country Impact on: 01922 654364 Email: bcimpact@walsall.gov.uk</p>

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Parents of School Age Children				
<ul style="list-style-type: none"> Understanding Your Child's Emotions workshop Understanding Your Child's Behaviour Workshop Understanding Your Child's Emotions (SENDi) Understanding Your Child's Behaviour Workshop(SENDi) Understanding Your Child's Behaviour (Solihull Approach) Group Group Triple p (5-11years) Teen Triple P Parenting group (11-16years) Cygnets Parenting for children with Autism Adult Resilience Programme Chat Health Texting Service 	<ul style="list-style-type: none"> Walsall School Nursing Team 	<ul style="list-style-type: none"> Parent/carers of children who require advice and tips on supporting children's emotional wellbeing and behaviour Parent/carers of children with SENDi needs who require advice and tips on supporting children's emotional wellbeing and behaviour Parent/carers of children with SENDi needs who require advice and tips on supporting children's emotional wellbeing and behaviour Parents/carers of school aged children who have a diagnosis of autism Parent/carers of school aged children and Young people aged 16-19 with anxiety or stress 	<ul style="list-style-type: none"> First line of intervention to support parents to find out what impacts on children's emotional health and behaviour Self-help tips on managing behaviour and emotions, Self-help tips on managing behaviour and emotions, Accessing groups and further support Supporting parents to build positive relationships and effective communication with their child Support, advice and strategies for parents on promoting positive behaviour and managing challenging or risky behaviour Support, advice and strategies for parents of children with autism Supporting parents and young people with own health and wellbeing Promoting self-esteem, confidence and reducing anxiety Building emotional resilience 	<p>Call Single Point of Access Monday-Friday 9am-5pm 01922 423349</p> <p>Parents Chat Health 07520634909</p> <p>Parent Chat Health: 07520634909</p> <p>Young people Chat health: 07480635363</p>
Parents of Children 0-19 years open to Early Help Plan or Social Care Plan				
<p>Early Help Mellow Mums/ Being a Parent Programme</p> <p>Early Help Mellow Dads/ Being a Parent Programme</p> <p>Early Help Reducing Parental Conflict / Connecting Families Programme</p> <p>Early Help - Emotions, Routines Boundaries and Relationship Parenting Programme</p>	<ul style="list-style-type: none"> Early Help Parenting Team 	<ul style="list-style-type: none"> Mums and children 10 or under open to Early Help or Social Care Dads and children 10yrs or under open to Early Help Plan or Social Care Plan Parents with children on an Early Help Plan or Social Care Plan with conflict in their own relationship Parents with children open to Early Help Plan or Social Care Plan with support needs 	<ul style="list-style-type: none"> Attachment, relationships, trauma and adversity issues in parenting. Attachment, relationships, trauma and adversity issues in parenting. Understanding communication and relationship styles, the impact of conflict on children Managing feelings and relationships with our children, understanding the needs of children. Implementing routines and boundaries and setting goals for change 	<p>Please process through Mosaic Request Other Lead Professionals email: earlyhelpparentingteam@walsall.gov.uk</p> <p>If you are a Lead Professional that do not have access to Mosaic please contact your Early Help Partnership Officer who can facilitate a service request on your behalf earlyhelppartnership@walsall.gov.uk</p>

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Parents of Children 0-19 years open to Early Help Plan or Social Care Plan				
Early Help - Parenting a Teenager Programme		<ul style="list-style-type: none"> Parents of teenagers open to Early Help or Social Care with support needs in the teenage years 	<ul style="list-style-type: none"> Understanding brain changes in teenagers, increasing desirable behaviour and managing risky behaviours including pace (parents against child sexual abuse) 	
Early Help - Cygnet Autism / Cygnet Sibling Support	<ul style="list-style-type: none"> Early Help SEN Family Support Workers 	<ul style="list-style-type: none"> Parents of children and young people open to Early Help and Social Care with ASD / Autism 	<ul style="list-style-type: none"> Understating diagnosis, communication and sensory differences. Strategies to implement with parenting a child or young person with ASD. Parenting siblings as well as children and young people with ASD. 	
Bespoke 121 Support		<ul style="list-style-type: none"> Parents with learning difficulties, anxiety or mental health issues open to Early Help or Social Care 	<ul style="list-style-type: none"> Tailored specific support around assessed parenting needs. 	
Parents Plus – Parenting When Separated programme	Early Help Parenting Team	<ul style="list-style-type: none"> The programme is for parents of older and younger children open on an Early Help Plan or Social Care Plan and is, for residential, none residential and co- residential parents, as well as for parents who are recently separated, or who have separated for some time or who have never been in a relationship with the child's other parent. 	<ul style="list-style-type: none"> Solving co-parenting problems in positive ways including practical management as well as managing the emotional impact of separation and divorce on parents and children 	<p>Please process through Mosaic Request Other Lead Professionals email: earlyhelpparentingteam@walsall.gov.uk</p> <p>If you are a Lead Professional that do not have access to Mosaic please contact your Early Help Partnership Officer who can facilitate a service request on your behalf earlyhelppartnership@walsall.gov.uk</p>
Schools Parenting Support				
Grace Academy – Teen Triple P Numerous schools offer Understanding Your Child, Solihull Approach and Cygnet Programmes	<ul style="list-style-type: none"> Pastoral Workers, Parenting Support Advisors 	<ul style="list-style-type: none"> Parents of pupils at their school 	<ul style="list-style-type: none"> Support children's education and attainment through supporting parents 	Speak to child's school Pastoral Team or Parenting Support Advisor

For more information on Walsall's Parenting offer please visit: https://go.walsall.gov.uk/children_and_young_people/early_help/early_help_for_professionals/parenting_support

To inform us of any changes to this document or to speak to the parenting team please email: EarlyHelpParentingTeam@walsall.gov.uk