

Together for Families Parenting

# Parenting Workshops

## January – March 2024



### Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

### Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### Workshop Dates

Countywide – VIRTUAL		
Ages 1-3	Thursdays 12:30-14:30	18.01.24 – 28.03.24 Virtual MS Teams
Ages 1-3	Wednesdays 18:00-20:00	21.02.24 – 24.04.24 Virtual MS Teams
Ages 4-8	Wednesday 12:30-14:30	24.01.24 – 27.03.24 Virtual MS Teams
Ages 9-11	Wednesdays 9:30-11:30	24.01.24 – 27.03.24 Virtual MS Teams
Ages 9-11	Thursdays 18:00-20:00	22.02.24 – 25.04.24 Virtual MS Teams
Ages 9-11	Mondays 18:00-20:00	26.02.24 – 29.04.24 Virtual MS Teams
East		
Ages 1-3	Mondays 9:30-11:30	15.01.24 – 25.03.24 Bodmin Family Hub
Ages 4-8	Thursdays 9:30-11:30	18.01.24 – 28.03.24 Callington Family Hub
Mid		
Ages 1-3	Fridays 9:30-11:30	19.01.24 – 22.03.24 The Park Family Hub
Ages 4-8	Thursdays 9:30-11:30	18.01.24 – 28.03.24 Trelander Family Hub
West		
Ages 1-3	Mondays 9:30-11:30	15.01.24 – 25.03.24 Troon Family Hub
Ages 4-8	Thursdays 9:30-11:30	18.01.24 – 28.03.24 Hayle Family Hub





## Take 3

### Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- What's adolescence?
- Encouraging young people
- The power of listening
- Misbehaviour and listening
- The four styles of parenting
- Taking stock, "I" statements and boundaries
- Negotiating boundaries and consequences
- When adults disagree – more negotiation practice
- Saying goodbye and moving on

## Living with Parents

### Workshop Description

A one-day workshop delivered over 5-hours.

This is an evidence-based workshop for parents and carers to attend with their young person:

- Interactive/structured activities
- Guided discussion
- Group work
- Strategies and top tips
- Discussing effective communication
- Relationship building
- Boundary setting

## Workshop Dates

Countywide - VIRTUAL		
Ages 12-18	Fridays 9:30-12:30	12.01.24 – 22.03.24 Virtual MS Teams
Ages 12-18	Wednesdays 9:30-12:30	24.01.24 – 27.03.2024 Virtual MS Teams
Ages 12-18	Tuesdays 18:00-20:00	20.02.24 – 23.04.24 Virtual MS Teams
East		
Ages 12-18	Thursdays 12:30-14:30	18.01.24 – 28.03.24 Callington Family Hub
Mid		
Ages 12-18	Fridays 12:30-14:30	19.01.24 – 22.03.24 The Park Family Hub
Ages 12-18	Thursdays 12:30-14:30	18.01.24 – 28.03.24 Trelander Family Hub
West		
Ages 12-18	Thursdays 12:30-14:30	18.01.24 – 28.03.24 Hayle Family Hub

## Workshop Dates

East		
Ages 12-18	Friday 9:30-14:30	09.02.24 Wadebridge Family Hub
Ages 12-18	Friday 9:30-14:30	15.03.24 Torpoint Family Hub
Mid		
Ages 12-18	Friday 9:30-14:30	22.03.24 Trelander Family Hub
West		
Ages 12-18	Friday TBD	TBD





## Supporting Healthy Relationships

### Me You and Baby Too (MYBT) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

### Arguing Better (AB) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

### Getting it Right for Children (GIRFC) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises

## MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
Mid		
Ages pre-birth – 12months	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 St Austell Family Hub
West		
Ages pre-birth – 12months	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 Penzance Family Hub

## AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
East		
Ages 1-19	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 Launceston Family Hub
West		
Ages 1-19	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 Penzance Family Hub

## GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
East		
Ages 0-19	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 Launceston Family Hub
Mid		
Ages 0-19	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 St Austell Family Hub





## Positive Parenting Bitesize

### Workshop Description

Bitesize parenting workshops are individual 2-hour sessions on a specific topic. These sessions are delivered by our Parenting Team and cover a variety of topics. Workshops are delivered through Microsoft Teams.

### Bitesize Child (ages 4 to 11) Dates

‘Bitesize Child’ sessions are designed for parents/carers of a child aged 4 to 11 years.

Countywide – Virtual MS Teams		
Date	Time	Topic
Tuesday 06.02.23	12:30 –14:30	Remaining Calm
Tuesday 13.02.23	12:30 –14:30	Praise and Rewards
Tuesday 20.02.23	12:30 –14:30	Technology and Safety
Tuesday 27.02.23	12:30 –14:30	Sibling Rivalry and Conflict
Tuesday 05.03.23	12:30 –14:30	Bullying
Tuesday 12.03.23	12:30 –14:30	Special time with your child
Tuesday 19.03.23	12:30 –14:30	Supporting Education and School
Tuesday 26.03.23	12:30 –14:30	Routines and Boundaries

### Bitesize Teen (ages 12 to 19) Dates

‘Bitesize Teen’ sessions are designed for parents/carers of a young person aged 12 to 19 years.

Countywide – Virtual MS Teams		
Date	Time	Topic
Wednesday 07.02.23	12:30 –14:30	Sibling Rivalry and Conflict
Wednesday 14.02.23	12:30 –14:30	Teenage Brain
Wednesday 21.02.23	12:30 –14:30	Supporting Education and School
Wednesday 28.02.23	12:30 –14:30	Mental Health and Wellbeing
Wednesday 06.03.23	12:30 –14:30	Remaining Calm
Wednesday 13.03.23	12:30 –14:30	Drugs and Alcohol
Wednesday 20.03.23	12:30 –14:30	Technology and Safety
Wednesday 27.03.23	12:30 –14:30	Body Image





## How to access

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



### Parenting children aged 0 to 11

#### SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3) ☐

This is a Virtual course delivered on Micros... [Read more](#)  
Free • 2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)  
Free • 2 hours

Understanding your child (ages 1 - 3) Troon Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)



### Parenting Young People aged 12 - 18

#### SELECT A SERVICE

Take 3 - Virtual ☐

This is a 10-week series delivered virtually. ... [Read more](#)  
Free • 2 hours

Take 3 - Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)  
Free • 2 hours

Take 3 - Callington Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)  
Free • 2 hours

Take 3 - Hayle Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)  
Free • 2 hours



### Supporting Healthy Relationships Workshops

#### SELECT A SERVICE

Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running ... [Read more](#)  
2 hours

Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5...) ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)  
2 hours

Me, You and Baby Too - Penzance Family Hub (12, 19, and 26...) ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)  
2 hours

Arguing Better - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running ... [Read more](#)  
2 hours

#### ADD YOUR DETAILS

First and last name \*  
First and last name

Email \*  
Email

Address \*  
Address

Phone number \*  
Add your phone number

Notes  
Add any special requests

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: 01872 324323

If you would like this information in another format please contact:

**Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY**

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100

