

Understanding Behaviour

The aim of this short workshop is to provide a safe, non-judgmental environment for parents to discuss & explore their children's behaviour.

- Understand why our children behave the way they do
- Helps to empower parents to understand behaviour & feel motivated to respond in a more positive way

Living With Teenagers

The Living with Teenagers Course is aimed at parents in Southampton who have one or more children between the ages of 11- 16 years.

The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

Incredible Years

Incredible Years Programme aims to:

- Promote positive parenting
- Support parent-child relationships
- Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards

Course information & how to book your place, including venue

NVR (Non Violent Resistance)

For parents/ carers with a child over 7 years of age who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive. The course may be especially helpful for families who have tried other parenting methods and find they need a different approach. The course will teach specific strategies using the concept of peaceful protest.

Being A Parent

For parent/carers of children aged 2-11 years.

Learn practical communication skills to enable our children to be confident, happy and co-operative.

Includes:

- Discipline strategies
- Feelings
- Communication
- Understanding behaviour
- Valuing your children
- Non-directive play - special time

Happy Baby

Whether you are a new parent, or you want to update your knowledge this course is perfect for you! Learn useful tips on the best way to give your babies the very best start in life.

Emergency First Aid

Gain confidence & learn how to deal with everyday lumps, bumps & bruises and accidents in the home.

Project You

After such a difficult year have you found yourself feeling lost? This course is a self-recovery journey using a range of activities to help you find you.

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SureStart Family Hub Southampton



Healthier Cooking

Become more confident in the kitchen. Learn new skills. Cook healthier family meal options on a budget. Take home what you cook!

Time For Me Too

Help to improve your emotional wellbeing, anxiety & stress & take responsibility for your future wellbeing.

How To Book

For further information please email or to book your place please complete & return a referral form to:

eh&p.training@southampton.gov.uk

(Please state course title in subject bar)

Venue Address

Ashby Centre: Stratton Road, Shirley, SO15 5QZ

Lordshill District Church: Lordshill District Centre, SO16 8HA

Oasis Academy Mayfield: Ashley Crescent, SO19 9NA

Pickles Coppice Children's Centre: 65 Windermere Ave, SO16 9QX

Sure Start Clovelly: 60-68 Clovelly Road, SO14 0AU

Sure Start Northam: Kent Street, SO14 5SP

Sure Start Townhill Park: Cutbush Lane, SO18 2GF

Sure Start Thornhill: Byron Road, Thornhill, SO19 6FH

Sure Start Swaythling: Honeysuckle Road, SO16 3BZ

Sure Start Weston: Foxcott Close, SO19 9JQ