



Information for families and practitioners

Parenting and Family Support

Flying Start and Early Intervention Services

Porth Cymorth Cynnar
Ceredigion County Council

Information for families living in Ceredigion with children aged 0-18 years of age



Cyngor Sir
CEREDIGION
County Council

To work with us, please contact:



Clic: 01545 570 881



taf@ceredigion.gov.uk

dechraundeg@ceredigion.gov.uk

Ceredigion Parenting and Family Support

Our service explained.

Parenting and Family Support is a team that sits within Porth Cymorth Cynnar. Our main aim is to provide support for families that enables them to improve well-being, resilience, family relationships and reach their potential.

Within our support system we have

- Team Around the Family,
- Flying Start,
- Flying Start Outreach and Childcare,
- Family Support and Parenting,
- Family Group Meetings.

For more information please visit our website:

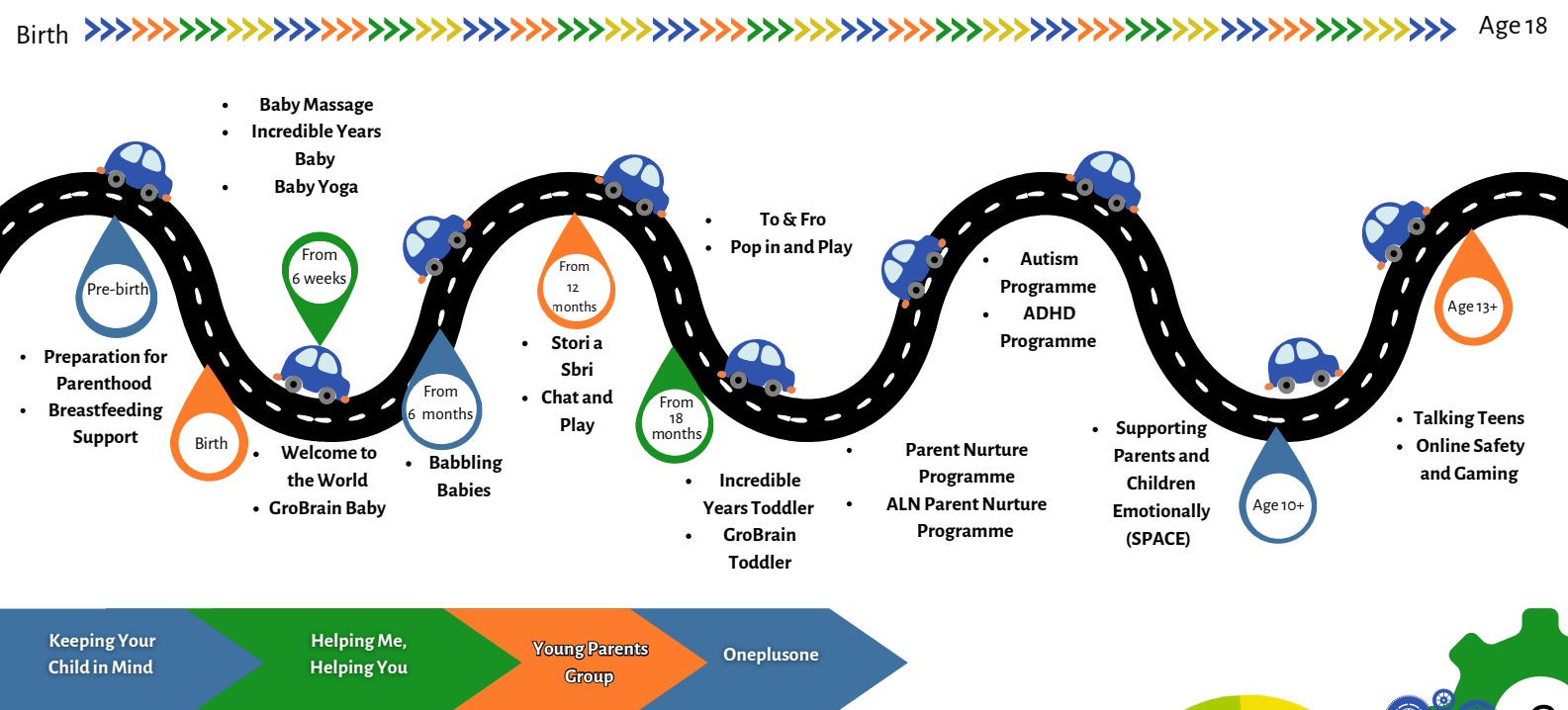
<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/>

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Courses and Groups Road Map

We have a wide range of courses and groups for parents and carers of children aged 0-18



Team Around the Family (TAF)

TAF is a small team of Individual and Family Support Co-ordinators based in various locations throughout Ceredigion.

TAF aim to work with families to identify their own strengths and needs to make their own family plans that guides them towards their goals.



How does it work?

- Someone, it could be you, or a professional, has some concerns or worries about a child, young person or family.
- You, or a professional, complete a request for support form to say what you, or they are worried about and what you would like to be supported with. We will also check that you agree to information about you and your family being shared with other services.
- An Individual Support Co-ordinator will make contact with the family and start to look at ways to help.
- A small number of people who we think can help are asked to be part of a Team around the Family.
- We all work together to agree actions and draw up a plan.
- A team member will make sure the plan is followed.



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Flying Start

Flying Start is a Welsh Government initiative which aims to provide more support and opportunities for families with children **from pre-birth up to the age of 3 years and 11 months** that **reside in Flying Start areas** within Ceredigion.

The 4 core services provided are;



- Early Years Health Service
- Childcare
- Parenting Support
- Early Language Support



Flying Start Support Eligibility

To check if you are eligible, you can enter your postcode into the postcode checker on our website:

<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/flying-start/>

or contact us at dechraundeg@ceredigion.gov.uk
or call 01545 570 881.

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We provide:

- Our Early Years Health Team consists of Health Professionals and Family Workers who can offer intensive support.
- Funded sessional Childcare of the highest quality for children aged 2- 3 years old. The childcare is provided within a setting of your choice for 2 and a half hours a day,
5 days a week for 39 weeks of the year.
- Early Language Support





Flying Start

We provide:

- Parenting Support through one to one work or in groups.

Topics covered include:

- Preparing for Parenthood
- Helping Me, Helping You
- Welcome to the World
- Breast-feeding
- Weaning and healthy diet
- Routine, sleep and toilet training
- Positive parenting
- Resilience and emotional well-being
- Dealing with and managing child behaviour



- Other parenting challenges
- Signposting to other services - Practical help including accessing Food Bank vouchers, Home safety equipment and advice and support on how to make your home safe for children to play in.

Up-to-date times and locations of all our groups and courses are available on our Facebook page



Teuluoedd Ceredigion Families



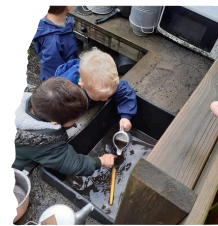
Or you can go to our Noticeboard by scanning the QR code



Flying Start Childcare

If you live in a Flying Start area, you may be able to receive funded part-time childcare provided by highly qualified and trained staff.

It could be possible to offer a nursery place **from the term after your child's second birthday until the end of the term they turn three.**



Childcare is available for **2½ hours a day, 5 days a week for at least 39 weeks a year.** Parents can choose a setting or provider.

It's possible that a place would be funded at a:

- Cylch Meithrin
- Childminder
- Playgroup
- Day nursery



All Flying Start settings are monitored by an Advisory Team to ensure the best possible care for the children.

These new experiences at nursery build on the knowledge and skills your child has already developed with you at home. Flying Start childcare settings have a good relationship with Flying Start staff, Foundation Learning staff and parents to ensure that they know all the children before they start nursery and that all relevant information is shared with the appropriate setting which the children will attend at 3 years of age.

Flying Start settings work closely with a multi-agency team to support children with additional learning needs and appropriate support is provided.

"The nursery is amazing with my son. I was very worried about him going as he has never been in a setting like that before, but he loves it and they definitely put my mind at ease"



Parenting Support

Our **Parenting Officer** and skilled **Family Workers** work alongside parents and carers to strengthen family resilience. We aim to do this by supporting parents to:

- **improve their own well-being**
- **build confidence**
- **learn new skills**



We devise and structure **action plans** with families by using **Signs of Safety and Well-Being Model** which help to identify potential solutions rather than focus on problems. This assists family members to identify and implement the actions that will **achieve their own goals**.

The services we offer can help adults with their routines, provide coaching in positive parenting techniques and help engage with social & community activities.

Our Parenting Officer and Family Workers work closely with Team Around the Family and other agencies. In addition to our **groups and courses**, **one-to-one bespoke intervention to support families within the area is available**.

We ensure that up-to-date, accurate information is available at all times to enable families to make informed choices and to be aware of all services available to them.



Family Group Meetings

A Family Group Meeting **encourages and empowers families** of adults, children and young people. It may be you need to make a big decision or sort out a difficult problem. A Family Group meeting aims to support you to **make a Family Plan** alongside the important people in your life.



Family Group Meetings **help you come together to make decisions:**

- with each other,
- about your children, or
- about someone else important to you.

We use the word “family” to include children, parents, relatives, close friends or even people in your community network.

Your family will receive support from a **Family Group Meeting Co-ordinator** to bring the important people of your family together. In the Family Group Meeting your family will have the opportunity to make decisions and create a Family Plan in private family time.

For more information ask a member of the Parenting and Family Support Team or contact Clic on : 01545 570 881

or

For a referral to the Family Group Meeting Service ask a member of the Parenting and Family Support Team.



Baby Massage

What is it?

Baby massage **helps you to bond with your baby**. Before babies are able to speak they communicate with the world around them through touch. Massage is a way to **communicate with your baby before they can talk**.

The course runs in a **six session block** and is suitable for parents of children from **eight weeks up to seven months**.

The benefits?

- Soothe & calm your baby
- Improves sleep
- Improves weight gain
- Aids digestion
- Improves circulation
- Can reduce the symptoms of postnatal depression



“I’ve been using baby massage every evening after bedtime and the bond between us and Dad has grown.”

“A lovely activity to do with your baby in a relaxed and welcoming environment. There wasn’t any pressure and you just do as much or as little as your baby wants on the day.”

“The workers are all very friendly and put you at ease, it was a great class to meet other parents”.





What is it?

- Incredible Babies is an **eight-week programme** for parents with babies **from birth to crawling**.
- The programme is run for **2 hours per week** by two trained members of staff.
- The programme offers you the opportunity to share your experiences and ideas with others, whilst extending your knowledge in a supportive environment.
- You can bring your baby along with you.



The Benefits

- Meet other local parents and families.
- Help your baby to feel loved, safe and secure.



During the course we cover:

- Becoming a parent
- Communicating with your baby
- Gaining support from others
- Weaning
- How your child develops within the first year of their life
- We will support you to bond with your child and create a positive attachment

“As a first time mum I found the programme very informative and was a huge learning curve for me”
“Making friends listening to other people’s stories of parenting, learning about how I can prepare my baby for when we are separated and interacting/getting support from others”





What is it?

The Incredible Years Toddler programme is an **eight-week programme, two hours per week** and is delivered by two trained members of staff aimed at parents of children between the ages of **18 months and 4 years**.



The Benefits

- Support parent to effectively manage their child's behaviour as they grow and develop.
- Meet other parents whilst learning how to manage misbehaviour using age-appropriate positive parenting strategies.



During the course we look at ways to:

- Promote positive parent/child relationships.
- Strengthen toddlers emotional and social skills.
- Use positive discipline strategies.
- Manage typical toddler behaviour.
- Promote toddler's pre-school skills.

“Very grateful to have the opportunity to learn and grow with my little one.”

“Found it really helpful to hear other people's prospective on parenting”.

“Sarah and Miles delivered the course beautifully, we're able to handle tantrums much better and our toddler's behaviour is becoming better and better, thank you!”



What is it?

GroBrain baby course is for **parents of babies from pre-birth to twelve months.**

GroBrain explores bonding, emotions, experience by parent and baby and brain development.

- How the brain is 'wired up' by early experiences and relationships
- The programme focuses on the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life
- The impact of stress on a baby's brain
- How to 'tune in' to your baby's cues and signals, and practice ways to soothe a baby
- How to manage your baby's emotions
- How to bond with your baby
- Baby massage
- Looking at how diet and lifestyle choices during pregnancy connect with baby's brain development

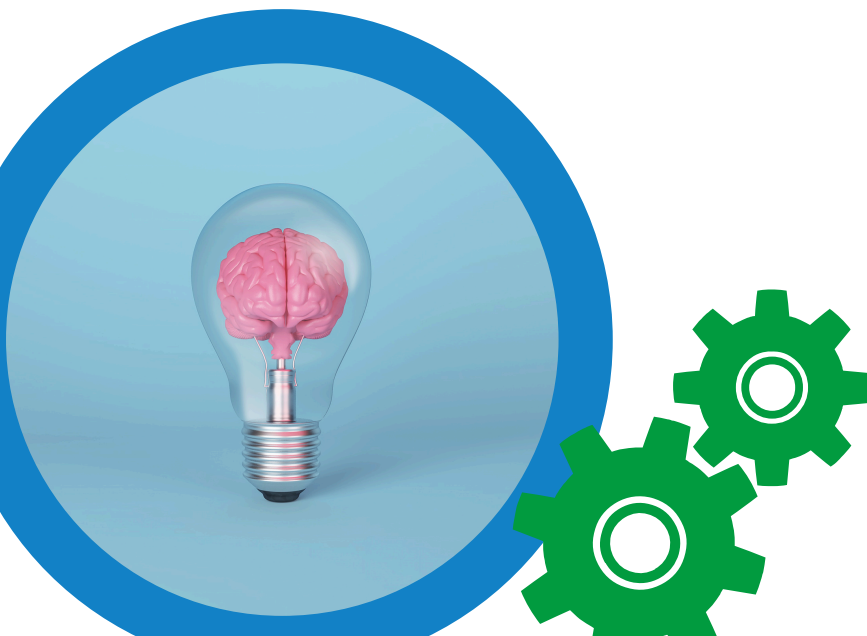


“As parents we found information on our new-born's brain really interesting and look forward to attending the GroBrain toddler programme to learn more.”



Practical Information

- The programme is delivered in an informal style with a group of approximately ten parents. GroBrain is a group **for expectant parents or parents/carers with babies 0-twelve months and run over four weeks.**



What is it?

For parents and carers of infants between the ages of **one to three**. The Toddler Course builds on the Baby Course, giving fresh insights from neuroscience into toddler behaviour to help parents/carers **lay strong foundations for their child's emotional wellbeing**.

The Toddler Course for **'in person'** parenting groups consists of **five sessions lasting around two hours**, including ample time for group activities, discussions, quizzes and a coffee break.

The course includes sessions on:

- Toddler brain development
- Attachment and emotional development
- Helping toddlers manage their behaviour
- Communication, play & school readiness



“I enjoyed the course, but more importantly found it so useful at the beginning of my journey into toddler parenthood. It made me think about my interactions I have with my daughter through the day and how important they are to her and her developing brain.

It reiterated the importance of being present and being in the moment and I think of this often. I feel more prepared for the meltdowns which have started and will inevitably become more frequent and much more understanding of why they are happening.

My partner will be attending the course for dads so we can be as prepared and on the same parenting page as possible”.

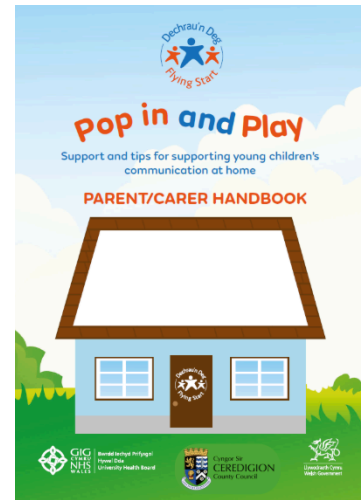


Pop in and Play and To & Fro



What is it?

- The To and Fro Approach and Pop in and Play have been designed to **support language development** in young children **under 4 years**.
- A Family Worker will **support you to identify strengths**.
- **Usually an hour long and 4 weekly sessions at home**.
- In To and Fro a video recording will be taken of you interacting with your child. (No video recording is taken in Pop in and Play).
- A Family Worker will support you to **set targets to focus on each week**.



Aim;

- To **support parents** to develop **responsive interaction styles based on their existing strengths**
- To provide an evidence-based approach to use with families who may benefit from targeted intervention



What will happen after?

Once these courses have been completed, the Family Worker will discuss progress with you and the referrer and decide on the next step.



Parent Nurture Programme



What is it?

The Parent Nurture Programme is a **ten-week parenting programme** for parents and carers of children ages three to thirteen that **improves the emotional health of both adults and children and strengthens family relationships**. Parent Nurturing Programme helps deal with these challenges so that you can have a **calmer, happier family life**.



The Centre for Emotional Health believe that children are rewarding, stimulating and fun, although looking after them can be stressful and challenging.

The Parent Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives, which contributes to learning.

Over the ten-week course you will look at topics including:

- Understanding why children behave the way they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline.
- Finding ways to develop co-operation and self-discipline in children
- The importance of looking after and nurturing ourselves

“A great course and a great group of people, could not wish for a better experience. The course gave me a better understanding of why my son behaves as he does sometimes and now my reaction to the behaviour is different and the outcome is more positive.”

“Being given the Parenting Puzzle Book to keep at the beginning of the course has been really helpful to re-cap on the sessions and I can pass the information on to my partner who was unable to attend.”



Parent Nurture Programme for parents of children with a disability or an ALN



What is it?

The Parent Nurture Programme for parents and carers of children with a disability is a tailored programme **for parents of children ages three to thirteen.**

The **ten-week programme** gives ideas and strategies to help:

- support a child when they're overwhelmed with their emotions,
- gives information on why children behave the way they do,
- provides peer support from other parents in similar situations and who have shared similar experiences.



Over the ten-week course you will look at topics including:

- Understanding why children behave the way they do.
- Recognising the feelings behind behaviours (ours and theirs).
- Exploring different approaches to discipline.
- Finding ways to develop co-operation and self-discipline in children.
- The importance of looking after and nurturing ourselves.

“Knowing other parents are facing similar challenges to me is helpful”.

“Understanding that there’s always a reason behind the behaviour has helped increase my empathy and my reactions are now more positive.”



What is it?

Based on the most recent research on adolescence, and consistent with the principles of the Nurturing Programme, the groups provide **a positive view of teenage development** and focus on **relationships within the family**, communication, negotiating, decision-making and strategies to reduce conflict.



Over the four-week course you will look at topics including:

- Exploring the importance of parents for teenagers.
- Developing parents' understanding of teenage development and the influence of brain development on behaviour.
- Developing parents' understanding of the importance of listening, verbal, and non-verbal communication.
- Promoting positive approaches to boundary setting and problem-solving.
- Providing an opportunity for parents to share their experience with others.



“I really enjoyed the programme, meeting other parents was helpful and it was nice to have a chance to talk about the challenges we’re facing at home, made me feel like I’m not alone and listened to”



Keeping Your Child in Mind

What is it?

Keeping Your Child in Mind – adults working together is a **4-week programme delivered to parents and carers.**

The Centre for Emotional Health use knowledge and research about the impact of parental conflict on families to increase parents' understanding of the influence of parental relationships on children and they link this understanding with some key strategies for **maintaining and improving parenting and reducing parental conflict within families.**



Topics Covered and Outcomes:

Over the four-week course you will look at topics including:

- Self-Awareness
- Appropriate expectations
- Boundaries and Positive Discipline
- Empathy
- Exploring the importance of positive relationships within families.
- Developing parents' understanding of the impact of their interpersonal relationships on children and young people.
- Promoting positive approaches to reducing parental conflict.
- Providing an opportunity for parents to share their experiences with others



SPACE

(Supporting Parents and Children Emotionally)



What is it?

The 'SPACE' programme is an evidence-based, group intervention that has been and is proven to support parents/carers and children and young people meet the challenges of growing up in an ever-changing, stressful world. It supports parents to better understand the challenges of raising children through a positive strengths-based approach. Using trauma-informed principles, the programme helps parents understand why children behave the way they do 'to reduce risks; strengthen parenting capacity; develop and build resilience and sustain positive change.'

It is a **four-week programme** that can be delivered in a group setting.

The benefits?

- Understand the link between emotions & behaviours.
- To learn strategies to continue to develop individual and family resilience.
- To gain knowledge and the tools to implement healthy lifestyle choices.



"Really grateful, felt empowered and encouraged to be a more positive parent"

"The course has helped me to off load and get advice from other members of the group and it was really helpful".



Online Gaming Safety Webinar



What is it?

The webinar is a **two hour long online session** that aims to **increase knowledge and awareness of the risks associated with online gaming and using the internet**. We highlight age restrictions and methods of communication. The workshop is aimed at **parents/carers of children and young people as well as professionals**.

During the webinar, there will be an opportunity for those attending to share information, ask questions and get advice on how to be safe online.

Topics covered include:

- Understanding Online Games
- UK Gaming Statistics
- Pros and cons of Online Gaming
- Blue Light and Melatonin
- The do's and don'ts
- What is PEGI Rating?
- In Game Purchases- Microtransactions
- Risks
- Social Media
- How to recognise cyber bullying



"I like the one charge idea, I would want to reduce time spent on gaming. They lose so much sleep time & stay up too late - I'm feeling old !!"



The webinar is delivered over MS Teams, please let us know your email address when you contact us if you'd like to attend.



What is it?

A person-centred workshop for parents run alongside a Paediatric ADHD Nurse Specialist and Parenting and Family Support team to **develop understanding of Attention Deficit and Hyperactivity Disorder (ADHD), what a diagnosis of ADHD will mean to parents and children alongside considering strategies to address some of the common behaviours.** Our workshops consider all aspects of a young person's life in the hope that this better equips parents to tackle the journey ahead.



“At first I was reluctant to do a parenting programme. I have learned so much and the behavioural change is much greater if you stick with reinforcing the positives with your child”.

It's a **six- week programme** delivered in 2 hour sessions and attendees **must have a child diagnosed or currently awaiting an ADHD diagnosis to meet criteria of group.**

“You know you're learning to be a better parent, so I was happy to do it. I didn't find it hard; it was for a good cause”

Autism Programme Autistic Spectrum Condition (ASC)



What is it?

The Autism Parents Programme is run over **ten weeks** and is delivered **virtually in two-hour sessions**.

This programme was designed to support **parents of children who are on the Neuro Developmental team waiting list, awaiting an Autism assessment or if their child has received an Autism diagnosis.**



- During the programme, various topics will be covered and discussed in relation to Autism and common behaviours and difficulties. Relevant professionals from within Ceredigion will deliver presentations discussing their area of expertise and how families can access their support.
- Attendees must have a child recently diagnosed or currently awaiting an ASC assessment to meet criteria of group.

“ The sessions were really informative and accessible as they were online. Having various professionals as guest speakers to discuss their area of expertise really helped me understand the support available for me and my family.”



What is it?

Free online courses for parents to complete **in their own time**. They are **evidence-based digital behaviour change interventions**; Me, You and Baby Too, Arguing better, and Getting it right for children. These can be completed independently or alongside a Family Worker, to access this support, please get in touch via our email address.

Me, You and Baby Too

Me, You and Baby Too helps **new and expectant parents adapt** to the changes that parenthood can have on their relationship, while raising **awareness of the impact of stress and conflict** on their baby. Parents completing this course will develop the skills to manage their conflict more constructively.

Arguing Better

Arguing Better helps **raise awareness of parental conflict and its impact on children**.

It gives parents the skills to cope with stress together and **manage their conflict more constructively**.



Getting it Right For Children

Getting it Right For Children uses Behaviour Modelling Training techniques to **help separating parents** see how they are putting their children in the middle of their conflict.

It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

To access the three courses yourself please go to our website:

<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/family-relationships/>

Scan QR code below to go to web page



Other Groups Available

Chat and Play

A group for parents and families with children aged 0-4. Support, Arts and Crafts and Activities

Babies Together Group

For parents with newborn babies to pre-walkers. Support, Singing, Chat and Story

Preparation for Parenthood

For mums and dads who are expecting a baby. Run by Midwives, Family Workers and Health Visitors (in the south of the county).

Young Parents Group

For parents aged 26 years and under With children 0-4. Young mums and dads who are expecting a baby are also welcome. A chance for young parents and their children to come together, in a friendly and relaxed environment where they can socialise and have fun!

Stori a Sbri

For parents of children aged 0-4. Arts and crafts, Stories and Signing

Baby Yoga

Gentle & easy yoga classes for babies from 8 -10 weeks old, and their parents or carers

Breastfeeding Support Group

For those who are pregnant, parents, carers, babies & their siblings

Babbling Babies

For babies 0-12 months. Ideas, Songs, Play and Games to help babies begin to talk

Up-to-date times and locations of all our groups and courses are available on our Facebook page or our Noticeboard by scanning the QR code :



Teuluoedd Ceredigion Families



Frequently Asked Questions

“Am I eligible for support from Parenting and Family Support Team?”

Yes, any family with children and/or young people (0-18) living in Ceredigion are able to access our support services.

“What services are available from the Parenting and Family Support Team?”

- Team Around the Family Co-ordination
- Parenting Support
- Flying Start
- Family Group Meeting
- Children and Family Centres.



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“Am I eligible for Flying Start Support?”

To check, you can enter your postcode into the postcode checker on the website, <https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/flying-start/>

or email us at dechraundeg@ceredigion.gov.uk or call 01545 570 881.

“If I live in a Flying Start area, what support is available?”

For parents/carers of children from pre-birth up to the age of 3 years 11 months there are additional services available including Early Years Health Services, Parenting Support and Group Support as described in this booklet. Up-to-date times and locations of groups are available on the Facebook page, Teuluoedd Ceredigion Families.

“How much does it cost?”

Services described in this booklet are fully funded. There is no additional cost to parents or carers.

“Where will I have to go and when?”

Ceredigion Parenting and Family Support team will work with your family to develop a plan to best support your family. The support can be provided individually or in a group either in your home or in locations across Ceredigion. Our team work to ensure the environments are inviting, welcoming and accessible to all. Groups usually run during term-time, but some run throughout the year.

Frequently Asked Questions

“Where can I go for the most up to date information on groups and courses?”

Go to our Facebook page [Teuluoedd Ceredigion Families](#) for the most recent information on dates and times for our groups and courses. More detailed information can be found on our website or by searching on [DEWIS \(www.dewis.wales\)](#) Or you can scan the QR code to go to our Noticeboard:



“Are there crèche facilities for my younger children?”

Some of our groups and courses have creché facilities provided for free. Pre-booking is essential, this can be discussed with a family worker in advance of the group or course.

“Are there refreshments?”

We provide healthy drinks and snacks at many of our groups and courses, please contact us if you have any special dietary requirements and we will try and make sure we provide for your specific needs.

“Who will be there?”

All our group programmes are led by members of Ceredigion Parenting and Family Support Team who are fully trained in all the programmes we deliver and experienced in working with parents, children and young people. If our team are working with you individually, you will be working with one or two members of our team.

“Where can I access a request Form?”

You can access our form on our website
<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/team-around-the-family/>
Or by sending an email to: taf@ceredigion.gov.uk

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“Where can I access information about childcare in Ceredigion?”

<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/childcare/childcare-in-ceredigion/>



Children and Family Centres

At our centres we hope to create a warm and nurturing environment for children, young people, and their families to enjoy. We have a range of activities and groups on a weekly basis. These sessions offer opportunities to develop, play and meet local families.



Penparcau Family Centre

Penparcau Family Centre is located at Heol Tyn y Fron, Penparcau.

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Canolfan Enfys Teifi

The Integrated Children's Centre, Canolfan Enfys Teifi is located at Napier Street, Cardigan.

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Eos Children's Integrated Centre

The Eos Integrated Children's Centre & Nyth Ni are located on the Llwyn yr Eos campus in Penparcau.

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Nyth Ni

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We also work with other Family Centres and Community Hubs across Ceredigion.

- Penparcau Forum Hub
- Borth Community Hub
- RAY Ceredigion Family Centre
- Jig-so Cardigan
- Llandysul Family Centre
- Tregaron Family Centre
- Lampeter Family Centre



Scan QR code to go to web pages



Useful Links and Contact Details



Clic: 01545 570 881



taf@ceredigion.gov.uk

dechraundeg@ceredigion.gov.uk

For more information, scan the QR codes below.

Website



Facebook



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Noticeboard



Visit our website:



<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-children-young-people-and-families/parenting-and-family-support/>

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