Summary of parent/carer emotional regulation, worry and anxiety management workshops available in Salford

Learning Support Service

- **Understanding the factors which might impact how my child learns**

With a focus on supporting the child socially and how this impacts school life; including supporting friendships and understanding social differences.

Delivered by a specialist teacher from the Learning Support Service

Parents can sign up through the local offer page

I-Reach

- **Anxiety focused psycho education for parents**

Advertised through school for parents and carers that are interested.

- **Co-cat or STARCAT intervention**

A low **intensity** intervention and best suited to those requiring a 'getting help' intervention, Where there are more complex needs, a more robust intervention is probably more appropriate to meet the needs of the parent and child.

For parents, via the named mental health lead – requires a referral to i-Reach

Early Help Parent support

Please see a short summary of the sessions offered below and visit the following website for more information and how to sign up Being a parent•Salford City Council

- **Tripe P Discussion Group Schedule**

Discussion sessions located in family hubs on Monday and Wednesday mornings.

Topics include:
Getting teenagers to co-operate, Coping with teenagers' emotions, Building teenagers' survival skills, Reducing family conflict (teenagers), Dealing with disobedience (0-12), Managing fighting and aggression (0-12), Developing good bedtime routines (0-12), Hassle-free shopping with children (0-12), Hassle-free mealtimes with children (0-12)

- **Triple P Seminars**

90-minute seminars which include a range of evidence-based strategies to support parents in their parenting role.

Topics include:
The Power of Positive Parenting, Raising resilient children and Raising confident, competent children - for families of children aged 0-12.
Raising Competent Teenagers, Raising Responsible Teenagers, and Getting Teenagers Connected - for the families of teenagers.

- **Togetherness: Bringing the Solihull Approach**

Free online courses to help parents and carers support children's physical, emotional and brain development.

Courses available:
Antenatal, Understanding your Baby and Child, The Teenage Brain, Child feelings and Mental Health.

Early Help Parents – SEND

Please see a short summary of the sessions offered below and visit the following website for more information and how to sign up Being a parent - SEND (Special educational needs and disabilities)•Salford City Council

- **Togetherness: Understanding your child with additional needs**

Online course is for all parents, grandparents and carers of children who may be neurodivergent, have a physical or learning disability. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help parents to read and manage behaviour, develop your communication and support their development.

- **Triple P seminar schedule**

Topics include:
Positive parenting for children with a disability (0-12), Helping your child reach their potential – SEND (0-12), Changing problem behaviour into positive behaviour – SEND (0-12)

- **Group Triple P Stepping Stones (0-12 years)**

This programme can benefit parents or caregivers of children with a disability (up to 12 years) who are interested in learning a broad-based range of parenting skills to promote child development and to manage challenging behaviours.

Parent and carers can request to join this group through an Early help request

Salford Educational Psychology Service

- **Helping you child with worries and stress**
- Designed to support parents and carers whose children experience worries and stress.
- Three 2-hour sessions which cover Child worries and stress (what it is and how it may present itself), the Role of Others (what is keeping the worry and stress going and how we can best support our child) and Neurodiversity (how neurodiverse young people may experience worry and stress).
- Schools can choose to facilitate the sessions as part of their Educational Psychology package and signpost parents accordingly.

Greater Manchester Support – Silvercloud programmes

- **Supporting an Anxious Child (for parents and carers of children aged 5 to 11)**
- **Supporting an Anxious Teen (for parents and carers of teenagers aged 12 to 18)**
- Available and free to parents and carers looking to support their child in dealing with worry and anxiety while learning helpful strategies to tackle their own anxiety.
- Both programmes incorporate elements of Cognitive Behavioural Therapy such as psychoeducation, relaxation and gradual exposure, with the aim of enabling children to identify their anxiety, and to apply their skills in anxiety provoking situations.
- Available at any time of day and can be accessed from any device, including a tablet or mobile phone.
- Sign up here: https://gm.silvercloudhealth.com/signup/

For more information click on the following link:

Two new SilverCloud programmes are available for parents and carers - Mental Health