



## Hampshire Specialist Parenting Service

### How is the service delivered?

- Parenting programmes are delivered in groups—parents/carers learn from each other as well as the course!
- Groups have relaxed and informal sessions
- Groups are led by two qualified parenting support workers (PSW)
- Parents/carers have a home visit from a PSW before and after the programme for individual support
- Parents/carers get on-going telephone support throughout the programme from their PSW
- Groups are delivered in local community venues
- Groups at days and at times to suit parents and carer's needs.
- Individual programmes available in family homes if needed

### I am a parent/carer—How do I get a place on a parenting programme or find out more?

Please call us on the number below for a chat

### I am a professional—how do I refer a family to this service?

Please contact us on the email below for a referral form or call us for an informal discussion

### What areas does this service cover?

The HSPSS is for families registered with a GP in the following five CCG areas: Fareham and Gosport, West Hampshire, South East Hampshire, North Hampshire and North-East Hampshire

### Contact us for more information:

**Hampshire Specialist Parenting Support Service**

**Post Office Chambers**

**Upper Northam Road**

**Hedge End**

**Southampton**

**SO30 4QU**

**Tel: 01489 799178**

**E: [hampshireparenting@barnardos.org.uk](mailto:hampshireparenting@barnardos.org.uk)**

**Web: [www.barnardos.org.uk/hspss](http://www.barnardos.org.uk/hspss)**



**Supporting parents & carers of children aged 5-17 with ADHD, Autistic Spectrum Conditions and behaviour that challenges**



## Raising children can be challenging at times

70% of parents and carers say that they would benefit from parenting advice, guidance and support.

## The new Hampshire Specialist Parenting Support Service (HSPSS) launches on the 23rd May 2016

The service will support parents/carers who have children aged 5–17 that:

- **Are diagnosed with an Autistic Spectrum Condition (ASC)**
- **Are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)**
- **Are displaying troubling or challenging behaviours indicative of a mild to moderate conduct disorder**
- **Are teenagers displaying anti-social behaviour including child to parent violence**

We offer a range of parenting programmes to help parents better understand their children's conditions and/or behaviours and develop positive strategies to manage these.

## Our Parenting Programmes include:

### Family Links: The Parenting Puzzle

A 10 week nurture programme which offers positive and practical advice for nurturing children so they learn how to handle both their feelings and behaviour. It is designed for families with children/young people aged 5 –12 . The Parenting Puzzle is based on four building blocks:

- **Self awareness and self esteem**
- **Appropriate expectations**
- **Empathy**
- **Positive behaviour management**

These four areas provide the key elements for successful and confident parenting and happy and confident children



### Teen Positive Parenting Programme

This programme is designed for families who have teenagers aged 12-18. Its aims are to help parents/carers to:

- **Understand the developmental stage of adolescence**
- **Support their teenager during this time of rapid change**
- **Develop strategies to manage challenging behaviours**
- **Support their child's emotional health and wellbeing**



### Cygnets ASC Parenting Programme

Has been developed to support the parents/carers of children with an ASC. Parents/carers will develop:

- **Knowledge about brain development**
- **Better understanding of their child's condition.**
- **Strategies to help their children manage their anxieties, behaviours and impulses**
- **Skills to improve their children's emotional health and wellbeing.**

There are extra sessions on supporting siblings and addressing the challenges of puberty, sexual health and relationships for teenagers with ASC if these are relevant.



### The Parent Factor for ADHD

The Parent Factor Programme is for parents/carers of children diagnosed with ADHD. Parents/carers will

- **Learn more about ADHD**
- **Understand their child's development.**
- **Understand their child's behaviour**
- **Develop positive parenting strategies to help them support their child at home and in school.**
- **Develop skills to help their child develop self control and increase self esteem and emotional well-being.**

