We are able to offer a range of parenting support including:

- **Weekly parenting drop in**
  (No referral form required)

- **Parenting courses**
  (Referral form needs to be completed for courses)

For further information about parenting support, please call 03000 413988 or email ashfordearlyhelp@kent.gov.uk

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**Parenting course dates April - July 2019**

*Kent Parenting Understanding Yourself, Understanding Your Child (with limited creche)*

- **Cygnet**
  - Friday 3rd May 2019 - Friday 21st June 2019 (excluding 31st May 2019)
  - 9.30am – 12.00pm
  - At the Ray Allen Children Centre
  - *No crèche available*

- **Kent Parenting Understanding Yourself, Understanding Your Child (No Creche)**
  - 9.30am - 11.30am
  - At Sure Steps Children’s Centre

- **Kent Parenting Understanding Yourself, Understanding Your Teen (13yrs+)**
  - Tuesday 7th May 2019 - Tuesday 9th July 2019 (excluding 28th May 2019)
  - 9.30am - 11.30am
  - At Ashford North Youth Hub

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**Ashford Parenting offer April - July 2019**

*Crèche Settling Session: Monday 13th May 2019 - 9.30am – 10.30am (Limited creche)*

*No crèche available*

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*Contact Details*

- Bluebells Children’s Centre, School Road, Hothfield, TN26 1HA : 03000 418300
- Little Explorers Children’s Centre, Recreation Ground Road, Tenterden, TN30 6RA : 03000 418400
- Ray Allen Children’s Centre, Stanhope Road, Stanhope, TN23 5RN : 03000 418500
- Sure Steps Children’s Centre, Belmont Road, Kennington, TN24 9LS : 03000 418600
- Waterside Children’s Centre, Turner Close, Willesborough, TN24 0PQ: 03000 418700
- The Willow Children’s Centre, Halstow Way, Off Brookfield Road, TN23 4EY : 03000 418800
- Ashford North Youth Hub, Mabledon Avenue, TN24 8BJ : 03000 417567

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Join us on Facebook at Ashford Children’s Centres and Ashford North Youth Centre

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Ashford  North Youth Hub, Mabledon Avenue, TN24 8BJ : 03000 417567
The Cygnet Programme is a parenting programme for parents and carers of children and young people aged 7 to 18 years with a diagnosed Autistic Spectrum condition. Early Help and Preventative Services run this course in partnership with the Specialist Teaching and Learning Service and Speech and Language Therapy Service. The programme is delivered over 7 x 2 hours sessions which works towards providing a greater understanding of behaviour and how to manage this. The programme will cover:

- Autism and diagnosis
- Sensory issues
- Managing behaviour
- Communication
- Understanding behaviour
- Siblings

Eligibility: Child must have an ASD diagnosis or be on the ASD diagnosis pathway

Please complete the enclosed referral form for any of the three courses above.
If this referral form is missing, please speak to a member of our team.

Understanding Yourself, Understanding Your Child

KCC’s ‘Understanding Yourself, Understanding Your Child’ Programme is suitable for any parent or carer with children 0-19 years (up to 25 years for a young person with an additional need) and the weekly 2 hour sessions are delivered over 9 weeks. This course as been approved to offer the LASER learning awards quality mark.

This course will cover the following:

- Your journey and enjoying your child
- Understanding your child’s world
- Communicating with your child
- Planning ahead and trouble shooting

Being a parent
Understanding your child’s behaviour
Listening to and understanding your child
Family rules and negotiation

Eligibility: Already open to Early Help or Specialist Children’s Services

Understanding Yourself, Understanding Your Teenager 13+

KCC’s ‘Understanding Yourself, Understanding Your Child’ Programme has been adapted to look at teenage behaviours and our relationship with them. The course is for any parent or carer with children aged 13+ (up to 25 years for a young person with an additional need) and the weekly 2 hour sessions are delivered over 9 weeks. This course as been approved to offer the LASER learning awards quality mark.

This course will cover the following:

- Your journey and enjoying your teenager
- Understanding your teenager's world
- Communicating with your teenager
- Planning ahead and trouble shooting

Being a parent
Understanding teenager behaviour
Listening to your teenager
Family rules and negotiation

Eligibility: Already open to Early Help or Specialist Children’s Services

Parenting Support Drop-in or phone in

Every week on Thursday 6.00pm - 8.00pm
At Ashford North Youth Hub, Mabledon Avenue, TN24 8BJ
This weekly Parenting Drop in is aimed at all carers with children aged 0-25 years including children with additional needs.
If you have any concerns about your child/children’s behaviour or have found yourself in a challenging situation, please come along for advice, guidance and support.

*No appointment or referral form necessary*

*Alternatively you can call us 03000 417567 between 6-8pm every Thursday to seek advice and support.*

Rainbow Parenting Group

This group is held at The Rainbow Centre aimed at carers who look after a child with a disability and are struggling with challenging behaviour. The group offers a carers the chance to share their experiences, discuss strategies and seek support in a safe environment.

For more information / future dates please call Sue Pitman or Chris Jacobs DCS on 03000 420886

What is Born to Move?

Born to move is about encouraging daily active play and interaction to help the learning and wiring of your baby’s brain at this critical early stage. It’s designed to give you friendly advice and tips to support your child to develop intellectually, emotionally, socially and physically and build the foundations for a healthy, happy and confident baby.

What is the Born to Move app?

Born to move is an NHS app to help parents or carers with their newborn right up to pre-school. It’s packed with advice, tips and games that you can play with your child to support their development.