

Healthy Relationships – Stronger Families

FREE help for Gateshead families to build strong, positive child and adult relationships

Programme	Child age	Details
Incredible Years (Babies)	0-6 months	Builds a positive relationship between parents and baby through listening, observing, bonding and demonstrating warm/tactile behaviours. Group format.
Becoming Dad	0-2 years	Prepares men for life changes as a new or expecting father; how to manage their own wellbeing and support partners; develop the skills to become a confident father. Group format.
Caring for Children	0-6 years	Develop knowledge and practical skills to care for young children and achieve accreditation in three Level 1 qualifications. Group format.
123 Magic	2 - 12 years	Simple, precise and effective way of managing behaviour of young children. Group format.
Family Links Nurture	3 - 12 years	Understand the feelings behind behaviours and how to use a calm, nurturing approach to build a positive relationship with children. Group format.
Parenting Factor in ADHD	5 - 18 years	Increase knowledge and understanding of ADHD and learn strategies to manage the core ADHD behaviours. Child must have an ADHD diagnosis. Group format.
Teen Triple P	10-16 years	Understanding typical teenage behaviour and how to build positive, trusting relationships.

Online Support

You can also find a wide range of parenting information and advice on our online Parenting Hub at **www.gateshead.gov.uk/earlyhelp** and at your local Family Hubs – see overleaf.



Good relationships between parents and co-parents are essential to provide children and young people with a stable, nurturing environment in which to grow and thrive.

Programme	Audience	Details
Parenting When Separated	For separated or separating parents/carers with dependent children	Improve communication between co-parents to reduce the impact of separation on the child. Group format.
Staying Connected	For separated or separating parents/carers with dependent children.	How to self-care after separation and prioritise the needs of the children. Group format.
E-Learning Programmes		
Arguing Better	For couples and co-parents with dependent children.	How to manage difficult conversations and avoid conflict. Learn online via a smartphone, tablet or PC.
Getting It Right For the Kids	For separated or separating parents/carers with dependent children.	Help to manage communication with your co-parent, seek solutions and find compromise. Learn online via a smartphone, tablet or PC.
Me, You and Baby Too	For new and expecting parents.	Help to navigate the arrival of a new child and the stress this can place on the couple relationship. Learn online via a smartphone, tablet or PC.

Register for the e-learning programmes at:

www.oneplusone.org.uk/parent-resources-for-england or scan the QR code.



Please note – none of the programmes/interventions above are suitable for parents/carers experiencing domestic abuse; call 0191 433 3333 for domestic abuse support or 999 in an emergency.

All programmes are FREE and delivered at a range of community venues, including our Family Hub sites at:

- Deckham – Elgin Road, Carr Hill, NE9 5PA
- Chowdene – Waverley Road, NE9 7TU
- Blaydon – Shibdon Bank, Blaydon, NE21 5EZ
- Birtley – Harras Bank, Birtley, DH3 2LN
- Teams – Tyne View, Rose Street, NE8 2LS
- Felling – High Street, NE10 9LT



Refreshments are provided at all venues, with certificates for programme completion.

Support for travel costs is also available.

Contact us direct to find out more about start dates and venues:

Tel 0191 433 5129 **Mobile** 0771 269 9753 **Email** parenting@gateshead.gov.uk