

FIRST EDITION

Being **a** Parent

A guide for parents & carers in Sandwell

- Help on your parenting journey
- Additional support for families
- Free activities and courses for you



Sandwell

Family
Helping Families Thrive





Sandwell Family Information Service

fis.sandwell.gov.uk

Helping you find the services, support and activities available to you in Sandwell

Find childcare, funded places for 2, 3 and 4 year olds, SEND support, Family Hubs, youth services, health and wellbeing resources... and much more!



Scan the QR code to visit the FIS hub and find out more



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Welcome...

to the first edition of our

Being a Parent

Life can be difficult, but life as a parent/carers can seem like it's on a whole other level!

Bringing up children is one of the hardest jobs out there! They don't come with an instructional manual and we all need a bit of help and guidance from time to time.

Balancing family, friends, relationships, work, money and your own wellbeing can be hard. This magazine offers support, advice and signposting to help you and your family.



Scan the QR code or visit
<https://www.sandwellfamilyhubs.com/journey/parent-support/>
for more information

Welcome to Parenthood

The first year as a parent is filled with joy and challenges.

You might be feeling overwhelmed by questions, unsure about routines, or struggling with sleep deprivation.

The Family Hubs supports new and expectant parents and welcomes them to parenthood with a FREE 8 - week programme - **Triple P Baby**

These sessions will help to promote your baby's development, build a stronger bond and support their emotional and physical health.



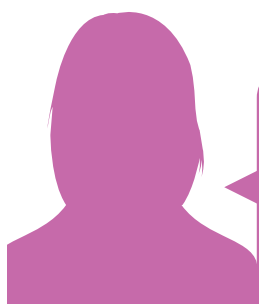
Sandwell

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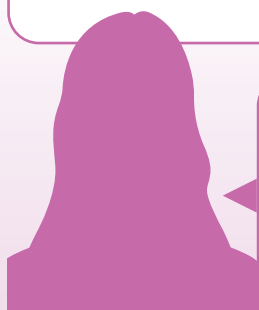
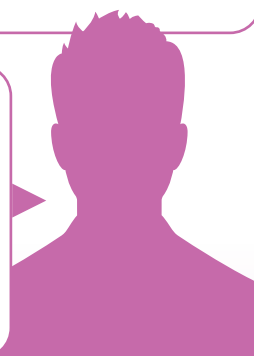
Scan the QR code to book your place on an upcoming programme.





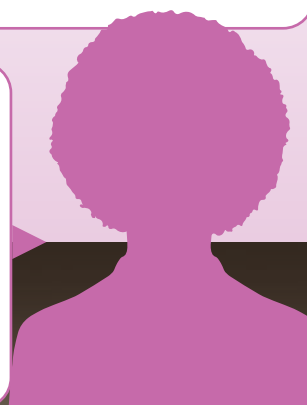
"I found the baby Triple P programme very informative, and I have learnt lots of things for not only my baby but for me as well."

"I found the course very useful, to engage with my child and how she can communicate with me without talking. I was very helpful that the course was free and that I could bring my baby along too."



"One thing I have taken away from the Triple P course is not to take on everything and to look after myself as much as I do my child."

"This is not my first child, so I found it very interesting and helped us as a family. During the course we communicated with a lot of other parents, and I learnt about their stories but when it comes to me and my baby it's our story and we did it together"



Your toddler's journey begins here!

The early years are a critical time in your child's development. This is when they are learning and growing rapidly, both physically and mentally. Our services can play a vital role in supporting your child's development and help to ensure that all children have a healthy start in life and reach their full potential.



Development Checks

Your child will be offered a development check at 9 - 12 months with the Health Visiting team. Don't miss the invitation from your local Family Hub for your WellComm language screening at 18 months.

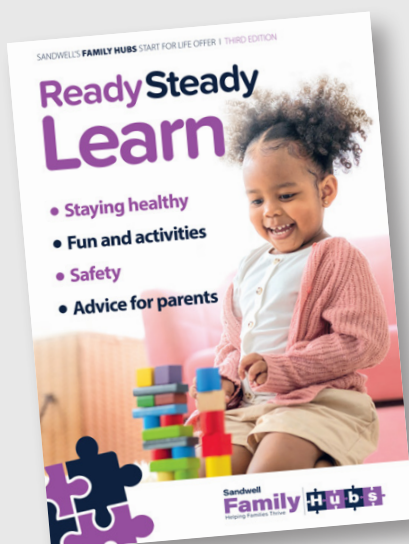
Immunisation

Protect your little one by booking their vaccinations when you receive the notification from your GP.



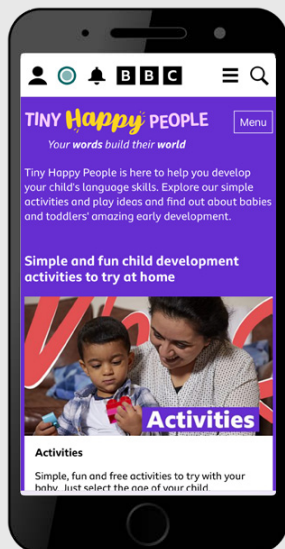
Dental Care

It's important to brush your child's teeth twice a day to establish a good dental routine. Register with a local NHS dentist for free dental care.



Collect your **FREE** Ready Steady Learn Magazine

At your 12-month development review.



**Visit BBC's
Tiny Happy
People
website
for free
resources.**



**Sign up
here...**

**To receive information
on FREE sessions
available across
Sandwell**

Fun & Free Activities

Your little one learns so much through every-day play. There's lots of free activities across Sandwell for you to attend.



4



5

Programmes for Parents/Carers

Children don't come with an instruction manual! Get support on your parenting journey from other parents/carers.

Join the library

Sandwell's 20 libraries are an exciting, bright and welcoming space. Becoming a member is free and entitles you and your little one to borrow books and other items. There's also free access to IT and Wi-Fi.



6

Scan for Toddler Journey



Family wellbeing



Connect	Read a Book Take turns storytelling.	Take 10 pictures of things that make you happy. Share and compare.	Smilers Challenge How long can you stare at each other without smiling?
Keep Learning	Make, Bake, Create Make a new recipe for everyone to share.	Learn 5 New Facts Learn 5 new facts about an octopus.	Make Me Laugh Learn 5 new jokes and share them with your family.
Take Notice	Paint/ Draw Paint/ draw a picture of your family and/ or friends.	Hands and Feet Draw around everyone's hands and feet. Can you turn them into an animal or character?	Nature Collect lots of natural objects, leaves, stones, flowers to make a picture.
Be Active	Den Build a den inside or outside.	P.E with Joe Wickes www.thebodycoach.com or do lots of star jumps, balancing and crawling.	Hot and Cold Ask a family member to hide 5 things and you have to find them.
Give	Message Record or write a message for someone you love.	Sleep Well Give yourself a break from screen time an hour before bedtime.	Give Your Time Help a family member with housework or a task.

5 ways to wellbeing

Wellbeing is about feeling good and doing well in our day to day lives. Our five ways are simple things to do every day, to improve how you are feeling.



Connect meet up, build relationships, make friends

- Speak to someone; a friend, a relative, or your local Family Hub team. Parenting can be a worrying time for some, support is available to you
- Ask a neighbour how they are
- Attend fun courses or groups to connect with other parents and families



Be Active whatever you can do, being active makes you feel good

- Go for a walk
- Put on some music and dance
- Attend activity courses to connect with other parents and families
- For more "Be Active" ideas, visit: www.healthysandwell.co.uk/strongersandwelldirectory



Take Notice take time, stop and focus on the moment, enjoy the outdoors

- Create your own jar of happiness and fill it with messages about your favourite music, people, memories, books and places
- Take five minutes out to try a new mindfulness activity there are lots of ideas opposite in our family wellbeing bingo!
- Write in a journal and encourage your family to do the same
- Plant some seeds and watch them grow



Keep Learning try and learn something new, see what's out there, surprise yourself

- Try a new hobby
- Learn a new language or sign language
- Try a new recipe
- Read a book
- Do a puzzle from the paper
- Learn something new (visit www.sandwellfamilyhubs.com for local activities)



Give Back give your time, do something nice for someone

- Write a note to someone who has helped you or been kind recently
- Make someone a drink
- Give your unwanted things to a charity shop
- Give someone a smile
- Considering volunteering (visit www.letsgosandwell.info for more information)



Find out more by visiting:
<https://www.healthysandwell.co.uk/healthy-mind>

Activities at Family Hubs

Sandwell Family Hubs provide a wide range of help, support and activities for families. Here are some of the activities we offer. For more information about the full range of services we offer please scan the QR code below

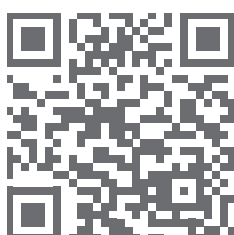
Parent/carer Drop in sessions

Being a parent / carer is not easy. Do you ever feel like asking a question or getting some information or advice? Do you just need to talk something through with someone?

Then pop in to one of our informal sessions to get some support, chat with one of our team, or ask any questions you may have - no question is too big or small



For more information Please contact your local Family Hub - details on the back page



Sandwell

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Helping Families Thrive



Scan the QR code or visit www.sandwellfamilyhubs.com
to find out more about what's available at our Family Hubs

Baby Massage

Suitable for babies aged 6 weeks to 6 months old you will learn gentle techniques to help relax and comfort your baby while enhancing the bond between adult/baby.

This course is not just about learning massage skills, but also about understanding your baby's cues and supporting a deeper connection through touch.



For more information Please contact your local Family Hub - details on the back page

Baby Clubs

A chance to meet other local parents and carers and share your parenting journey with others.

A chance for baby to explore some sensory experiences.



For more information Please contact your local Family Hub - details on the back page

Your Journey Continues!

You've already come so far in your parenting journey. As your child reaches 2 - 5 years we are here to guide you through the next exciting stage of getting your child ready for school.



My Child's Development

Your child will be offered a development check at 2 years through the Health Visiting team. Look out for an invitation for your child to have a WellComm language screening from your local Family Hub or nursery.

1

Apply for your nursery place

All 3 - 4 year olds are entitled to 15 hours funding and some 2 year olds might also be eligible for funding. Visit your local school or nursery to find out about vacancies and to apply or visit [fis.sandwell.gov.uk](https://www.fis.sandwell.gov.uk) for more information.

Immunisation

If your child has missed their 4-in-1 pre-school booster, contact their GP surgery. It's best to have it on time, but they can still have the 4-in-1 vaccine up to the age of 10.



2

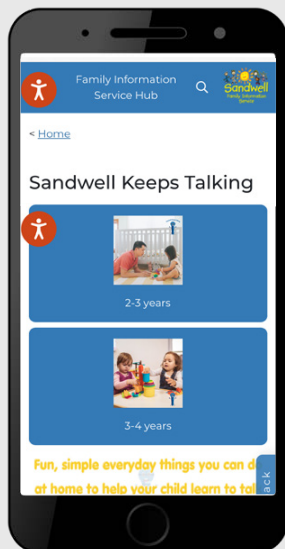


3



Have you collected your **FREE** Ready Steady Grow Cards?

Available from your libraries, health visitors and Family Hubs



Sandwell Keeps Talking

Check out our website for fun and simple everyday things you can do at home to help your child learn to talk and develop their brain.



Sign up here...

To receive free sessions and activities for you and your child across Sandwell.

How to support your child's development at home

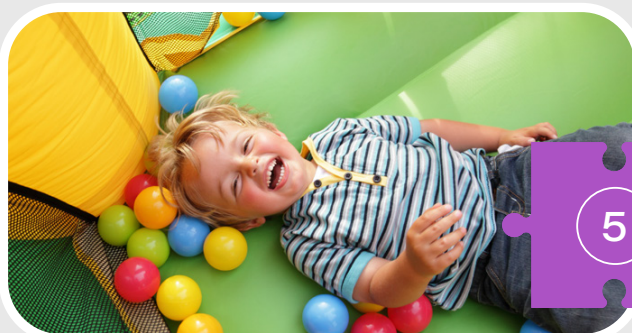
At home you as parents make the biggest difference to your child's early learning and development.



4

Apply for your school place

You will receive a letter from Sandwell Council with information on how to apply for a school place. Look out for when your local schools are holding their open days. Schools will hold transition events to help your child settle in.



5

Fun and Free Activities

Your child learns so much through every-day play. There's lots of free activities across Sandwell for you to attend. Don't forget to join your local Family Hub and library to access free Play Talk Read sessions.



6

Changes Early Years

Changes is Sandwell's 'home grown' programme for parents/carers developed to meet the needs of local families.

Changes Early Years is a 6 week programme for parents/carers of children under 5 and can help guide you on your parenting journey.

It is FREE to attend and some courses are held in a soft-play venue.

Lots of different themes are discussed each week:

- **Parent/carer wellbeing**
- **Children's tantrums and behaviour**
- **Early communication and learning through play**
- **Making the best out of modern technology**

Scan the QR code to find out more



Parent's view of Changes Early Years



"Helped me focus on what's important with myself and the kids."



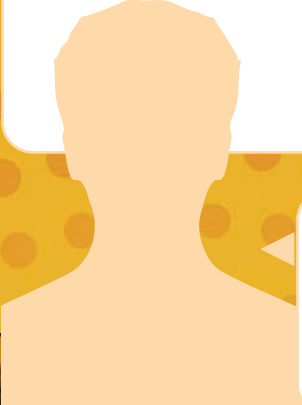
"It's helped us get out of the house and given us motivation to do more outside the house."



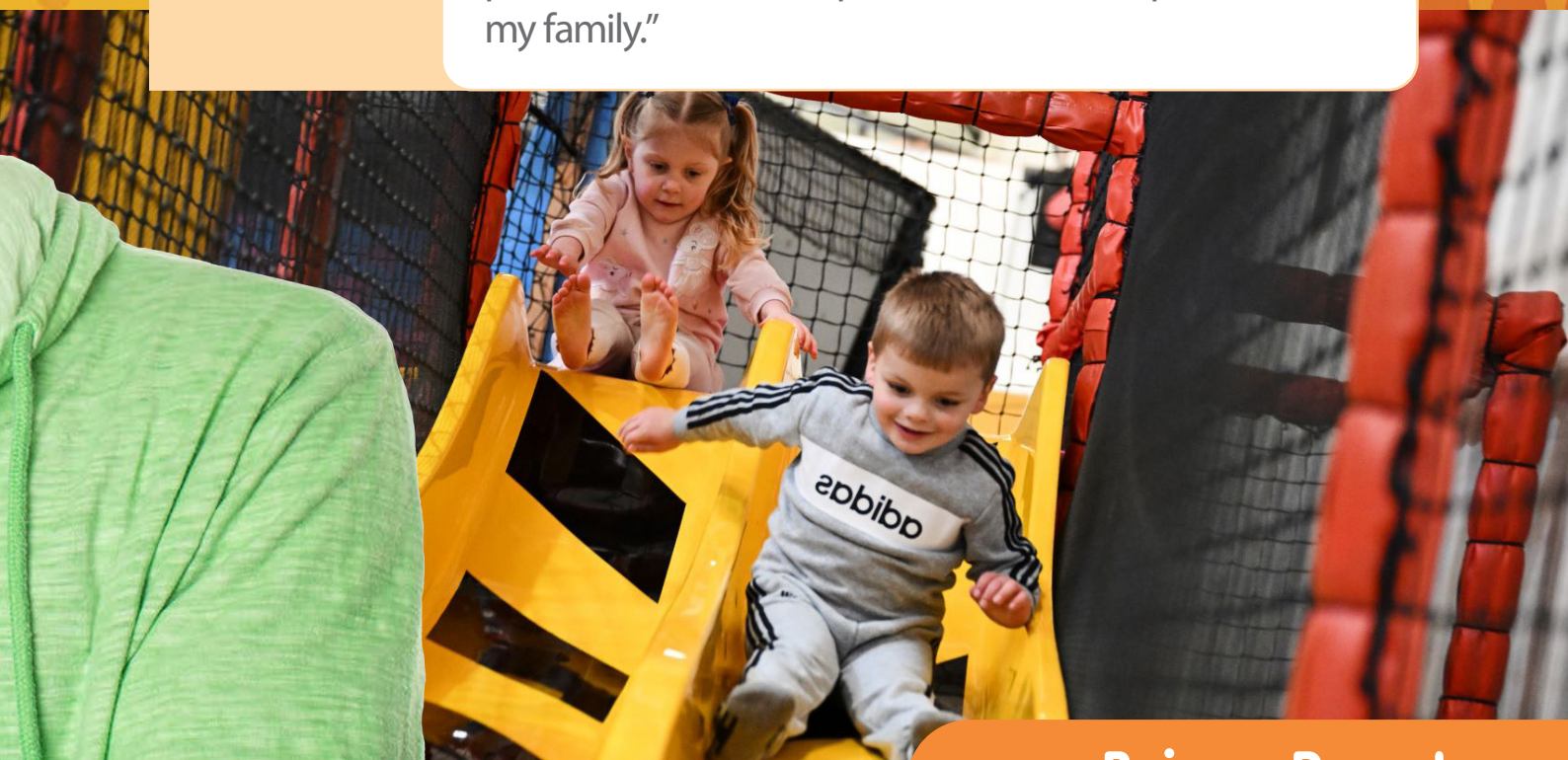
"It has been useful knowing and understanding other parents' experiences and reassuring to know that I'm not on my own."



"Everyone feeling struggles and nice to know not just me and only my child doing these things."



"We had the chance to hear other families' situations/problems. The trainer provides a lot of helpful info for my family."



Solihull Approach

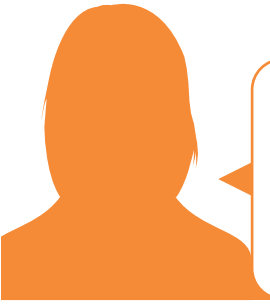
Solihull Approach is a 10 week programme for parents/carers of children under two.

This programme will help you explore your thoughts and feelings, and how they can sometimes be reflected by your baby or young child through their behaviour.

On the Solihull Approach programme for parents/carers course you will be supported to try new skills and tools learnt during the sessions. You'll also develop behaviour management skills to support you as your baby/toddler grows.

Scan the QR code to find out more

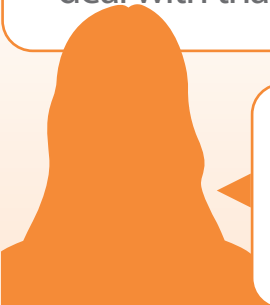




"I found it difficult to deal with my (first and only) child, this course has helped me to start to rebuild that relationship with her."



"One thing I have taken away from the course is how to approach my child when it comes to tantrums and how I deal with that. Understanding how she feels emotionally."



"The course has been really fun, it has helped me to interact with my child, how to play games with my child which is not something that comes easily to me."



"There's no guide to parenting and that's the big issue, you don't know where to start or how to be a parent, so I have learnt a lot from this course. I have learnt the kind of parent I am and what I can gain from being a better parent."



Triple P

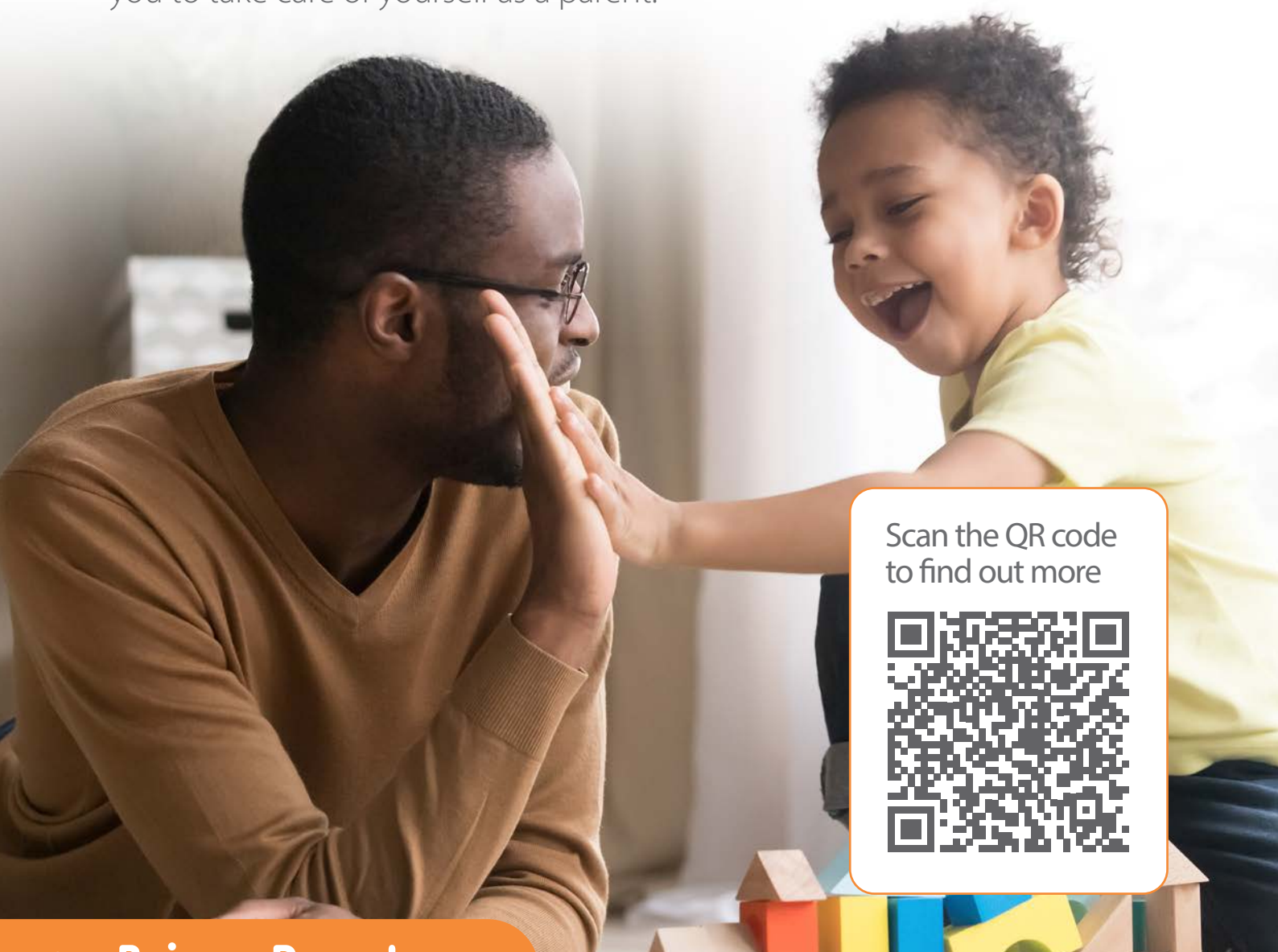
for early years parents & carers

The Triple P programme for parents/carers will support you to raise happy & confident children.

This Triple P course is delivered over 8 sessions and courses are held regularly at your local Family Hub.

Triple P supports you to develop your parenting toolkit through setting rules and routines that everyone respects & follows.

Feel more confident in managing your child's behaviour with new strategies encouraging behaviours that you like. Most importantly it helps you to take care of yourself as a parent.



Scan the QR code to find out more





"The Triple P course has helped me find ways to manage my child's behaviour and to get them to listen to me"



"The course helped me to understand my child's emotions and allow them to say how they feel"



"The course has helped me to feel equipped to talk to them about challenges in our family and to help me understand their emotions."



"The Triple P course was delivered in an easy to understand way. The instructor was very polite not judgmental, he took time to discuss and explain new techniques. I really enjoyed the sections and I have gained more skills that will help me and my child in a positive way. I will recommend the course!"

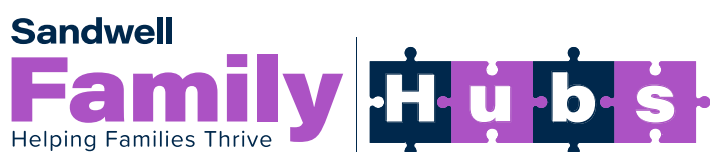


"Triple P has helped me to have the tools to help me to listen to how my child is speaking to me, and how to respond and build their confidence."



Activities for pre-schoolers

There are lots of FREE and fun activities for you and your pre-schoolers to enjoy across Sandwell.



Family Hub activities

Stay & Play

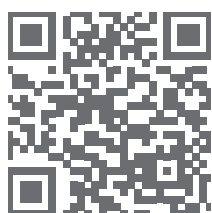
A chance to meet other local parents & carers and spend some time playing, singing and having fun with your little one.

Twilight Family Stay & Play Session

A chance for the whole family to come and spend time together through play, fun, games, singing and stories. This session is term time only.

Relaxed Stay & Play sessions

Learn through play and exploration for children aged birth to 5 years old who would benefit from a relaxed environment.



Scan the QR code
or visit <https://www.sandwellfamilyhubs.com>
to find out what's currently available

Library sessions

Play Talk Read interactive sessions

for parents and their children under the age of 4 in our libraries. Enjoy stories and fun activities together to enjoy watching your little one learn and grow. Sessions have been developed by qualified early childhood professionals to promote their child's language, literacy, and social-emotional development through play.

First words together

is a great introduction to reading and talking with your child. Each sessions involves activities surrounding a key book which you can then take home and keep. These sessions are funding by the National Literacy Trust.



Sandy Bear Story Time Sessions

are interactive story sessions for families with children under the age of 5. The sessions are led by a member of staff or volunteer who will read stories, sing songs, and play games to encourage early literacy and language development.

Contact your local library for more information.



Changes Activities

Free activities for Sandwell families with children under 5 years old.

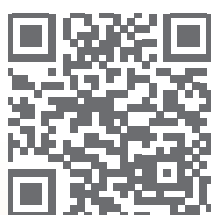
Join us for fun activities designed to help children grow and bond as a family. Whether your little one enjoys dancing, singing, or being creative, we have activities for everyone.

Ready, Steady, Wean!

These sessions are run by a qualified nutritionist who will provide you with up-to-date information, tips, the latest NHS guidance and the chance to ask any questions you may have.

Our Ready, Steady, Wean! one-off session is run by a qualified nutritionist who will provide you with up to date information, tips, the latest NHS guidance and the chance to ask any questions you may have.

Find out more here:



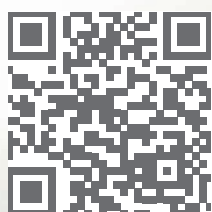
Fussy eating

Do you have a child aged between 1 and 5 years old and struggling to get them to eat a variety of nutritious food?

Our fussy eating session is specifically designed to support families who have already taken the first steps to introduce food to their children.

Our qualified nutritionist will guide you through the tricky world of fussy eaters and share helpful information, tips and fun activities.

Find out more here:



Changes Primary Years

Changes is Sandwell's 'home grown' programme for parents/carers developed to meet the needs of local families.

Changes Primary Years is a 6 week programme for parents/carers of children aged 4-10 years old and can help guide you on your parenting journey.

It is FREE to attend and some courses are held in a soft-play venue.

Lots of different themes are discussed each week:

- **Parent/carer wellbeing**
- **Children's tantrums and behaviour**
- **Early communication and learning through play**
- **Making the best out of modern technology**

Scan the QR code to find out more



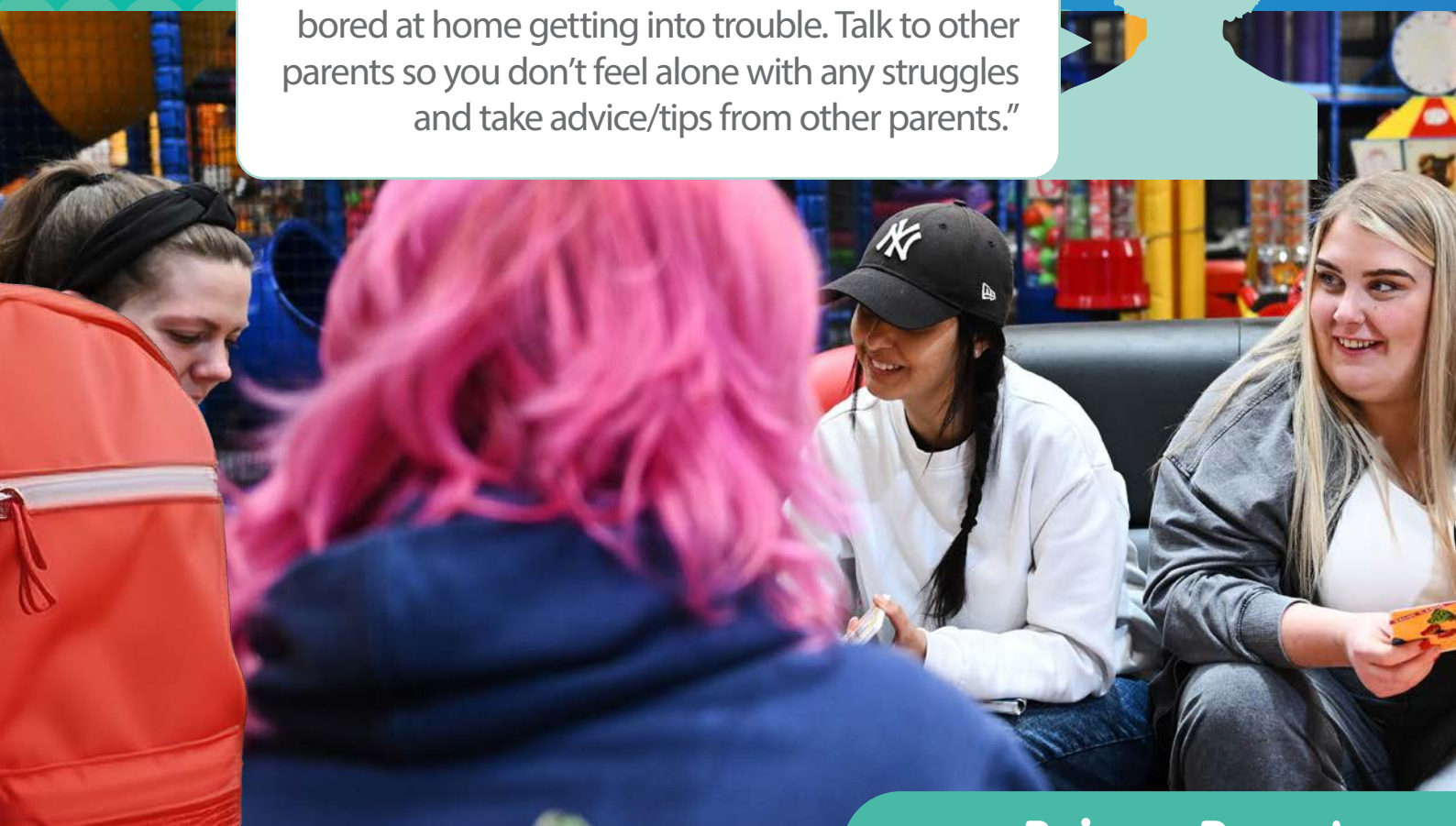
Parent's view of Changes Primary

"Me and my children have a better understanding of each other and I feel closer to them. Do what suits you as a parent and your children because every family/child is different."

"I have learnt a lot about rules and patience. This course has taught me to think of things more carefully and how it can affect my family. It is also important to think about myself and my family's health."

"Be consistent. Self-care is important to be the best parent. Don't feel guilty when you put rules in place and give consequences. Remember what is important to you."

"I have felt more useful and productive getting my children out to play instead of them being bored at home getting into trouble. Talk to other parents so you don't feel alone with any struggles and take advice/tips from other parents."



Is your schedule too hectic to commit to a face-to-face programme?

Why not consider registering for the FREE online courses that you can complete at your own pace and in a venue to suit you?

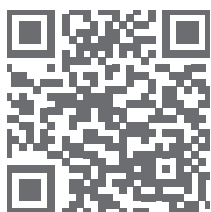
Are you a parent/carer of a primary school aged child?

Why not come along to one of our fun and friendly sessions where you will get the chance to meet other moms, dads and carers.

These relaxed sessions will share ideas and tips with other parents/carers to support you and your growing child as you navigate parenting of a primary school child.

There are also sessions you can complete online at your own pace, with support from one of the friendly Family Hub Team if you have questions.

For more information scan the QR Code



Connect, Empower, Thrive

The Solihull Approach

“not only has it made me positive and determined to fight harder through life everyone deserves to be happy. My partner has a lot more confidence to parent.”

“I have learnt a lot of knowledge and from others in the group and how they deal with their children.”

“The course has helped me to rebuild my relationship with my child”



Triple P

for primary parents & carers

The Triple P programme for parents/carers will support your children to become happy & confident young people.

This Triple P course is delivered over 8 sessions and courses are held regularly at your local Family Hub.

Triple P supports you to develop your parenting toolkit through setting rules and routines that everyone respects & follows.

Feel more confident in managing your child's and young person's behaviour with new strategies encouraging behaviours that you like. Most importantly it helps you to take care of yourself as a parent.



Scan the
QR code
to find
out more

Parent's view of Triple P



"The course was really helpful for me, rules and how to put them in place really helped my daughter too."



"I would really recommend the course it has really helped me especially my confidence with parenting and helping my child be the best they can be."



"The course is free and being able to access it close to where I live really helped me. It was really flexible, I have anxiety so being able to do the course one-on-one really helped."



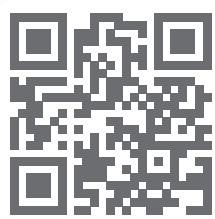
Go Play Sandwell

Unlocking a lifetime of free play for all ages!
Building a playful Sandwell together

Our approach to play...

We are passionate about advocating everyone's 'Right to Play'!

Our child-friendly approach has the potential to unite a range of progressive agendas including health and wellbeing, school readiness, sustainability, resilience and safety and act as a catalyst for urban regeneration and innovation ensuring children have a playful childhood in Sandwell.



Find out what is happening local to you here



Making family memories

For families in Sandwell with children aged 5-12

- **Physical Activity**
- **Food and Nutrition**
- **Emotional Health and Wellbeing**

Quality fun family time together whilst discovering new activities.

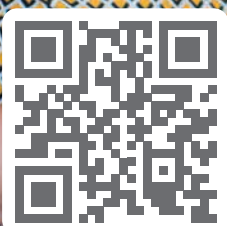
Bring your family together and book onto some of our fun activities across Sandwell.

To find out more:

Email: Choices_Sandwell@Sandwell.gov.uk

Call: Healthy Sandwell Team on 0121 569 5100

Scan: the QR code to fill out our 'contact us' form



Changes Secondary Years

Changes is Sandwell's 'home grown' programme for parents/carers developed to meet the needs of local families.

Changes Secondary Years is a 6 week programme for parents/carers of young people aged over 11 years old and can help guide you on your parenting journey as you navigate the teenage years.

Changes is FREE to attend and it may be useful to complete this course to aid your child's transition from primary to secondary school.

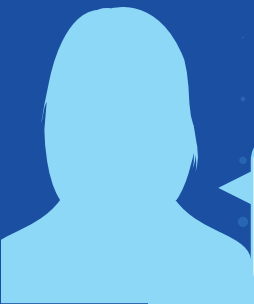
Lots of different themes are discussed each week:

- **Parent/carer wellbeing**
- **Communicating with your teen**
- **Teenage behaviour**
- **Supporting your young person with their learning**
- **Navigating teenager challenges including social media and modern technology**

Scan the QR code to find out more

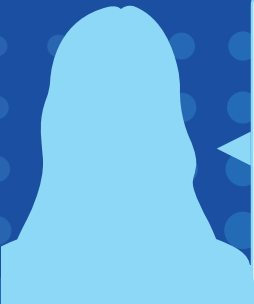
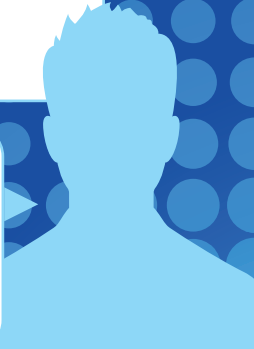


Parent's view of Changes Secondary



"You are doing best for your child.
Just believe in yourself."

"I love to meet other people. It was really nice to talk to other parents and discuss their parenting tips. Changes trainer was really helpful and kind."



"Given me time to stop, reflect and remember what is important to me. It has given me tips for my whole family. Most courses are for my youngest and it has been useful to have tips for my older boys too. We have returned to our rules and routines again."

"A better understanding and awareness of issues/challenges we can face as parents. Increased interaction with other parents and discussing struggles, highs and lows. Take each day as it comes."



Teen Triple P

The Teen Triple P programme for parents/carers will support you to raise happy and confident young people.

This Triple P course is delivered over 8 sessions and courses are held regularly at your local Family Hub.

The Teen Triple P programme for parents/carers will support you to raise happy and confident young people.

It is delivered over 8 sessions and your local Family Hubs runs this regularly.

Teen Triple P supports you to develop your parenting toolkit through setting rules and routines that everyone respects & follows.

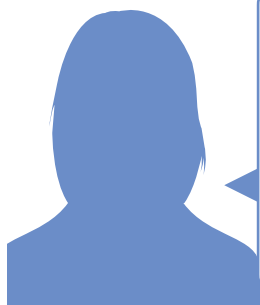
Feel more confident in managing your child's and young person's behaviour with new strategies encouraging behaviours that you like. Most importantly it helps you to take care of yourself as a parent.

This course is recommended for parents/carers of 12-19 year olds but you can complete a Teen Triple P course while your child is younger to help prepare you for the teenage years.

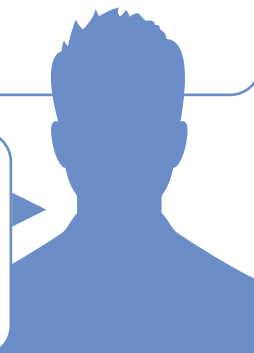
Scan the QR code to find out more



Parent's view of Teen Triple P



"I have learnt so much, I just wish my husband would of come with me. I'm telling you I have tried really hard. I still can't believe how amazing the contracts have gone down. The boys have done really well with them."



"Oh it's great he is doing things without being asked, not as much arguing as he knows he will lose points and this week he has got a sleep over as his reward."



"You know as a mom of 5 I thought, I don't need a course. What can I learn but I think it's been great. I have even showed my new social worker my book and contracts with the boys. I have gained so much so thank you."



Is your schedule too hectic to commit to a face-to-face programme?

Why not consider registering for the FREE online courses that you can complete at your own pace and in a venue to suit you?

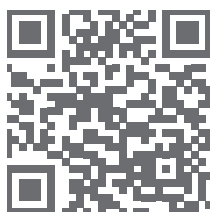
Are you a parent/carer of a teenager?

Why not come along to one of our fun and friendly sessions where you will get the chance to meet other moms, dads and carers.

These relaxed sessions will share ideas and tips with other parents/carers to support you and your growing child as you navigate parenting a teenager.

There are also sessions you can complete online at your own pace, with support from one of the friendly Family Hub Team if you have questions.

For more information scan the QR Code



Connect, Empower, Thrive

Just youth Sandwell

Creating opportunities to inspire personal learning and development for all young people in Sandwell.

Sandwell Youth People's service works with young people age between 11-19 and up to 25 years old with additional needs.

Our service across Sandwell includes:

- 7 open access youth clubs • Young women's groups
- MARVEL youth clubs for young people with additional needs • Youth bus
- An outdoor education centre in Tipton • Detached (street-based) teams
- Arts programmes at Coneygre Arts Centre

Shape

Sandwell's Shape Programme is designed to listen to the voice of children and young people in Sandwell.

Sandwell Youth People's service works with young people age between 11-19 and up to 25 years old with additional needs.

Our focus is:

- Staying safe • Being healthy
- Enjoying & achieving
- Making a positive contribution
- Economic wellbeing



Scan the QR code for more information about Just youth and Shape.



Triple P Fearless

Would you like to help your child to manage anxiety? Would you like to understand more about anxiety and know how to help support your child.

Our course will help....

- Get a better understanding of anxiety and fear.
- Develop a range of tools and skills to support your child.
- Develop children to build their own toolkit of coping skills to overcome anxiety.
- To break the cycle of anxiety & avoidance in a safe and gradual way.
- Understand what is within your control to change.
- Improve your relationship with your children.
- Enjoy being a parent more!



This course is only available to complete online.

There are lots of videos and fun interactive learning.

Scan the QR code to find out more



Stepping Stones

Stepping Stones is the programme for you if you have a child or young person with SEND (You do not need a formal diagnosis to attend this course).

You will have the opportunity to....

- **Learn new and additional tools to support your child or young person's needs.**
- **Understand and develop Positive parenting.**
- **Find out about different ways to communicate. Support to implement new skills and tools learnt during the sessions.**
- **Develop behaviour management skills that meet your child or young person's needs.**
- **Looking after you as the parent/carer**

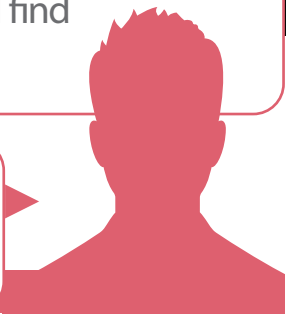
This course is delivered
over 9 sessions

Scan the QR code
to find out more



"With routines put in place and strategies to help regulate my child's emotions he has less meltdowns and I find the solution to his problems much quicker"

"It gave me more of an insight on how to deal with my child and would recommend anyone to do the course"



Cygnet

A parenting support programme for parents and carers of autistic children and young people aged 5-18.

Parents of autistic children face the usual positive and difficult challenges of parenting and quite a few more.

Attending Cygnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.

It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

What can I get out of Cygnet?

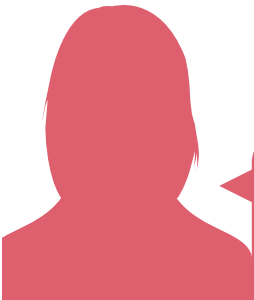
- **An increased knowledge of Autism.**
- **Further, understand your child's perspective and view on the world.**
- **Develop a practical toolkit that can be beneficial to your child.**
- **Direct you to relevant support and resources, locally and nationally.**
- **Provide the opportunity to meet other parents and create a support network.**
- **Provide the opportunity to explore specific topics e.g. supporting siblings; puberty.**



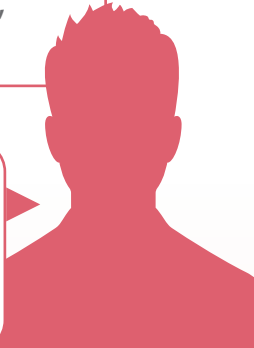
Scan the QR code to find out more



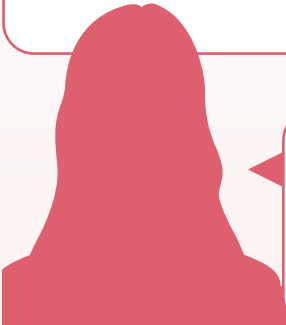
Parents' view of Cygnet



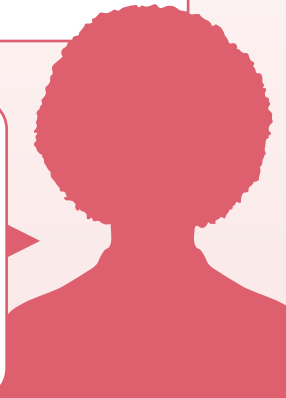
"I really enjoyed the course. It was really interesting to find out the true and false facts about Autism"



"I attended this course as I feel there is lot more that I need/ could know. Knowledge is key and I am open to try whatever that could work for both me and my family"



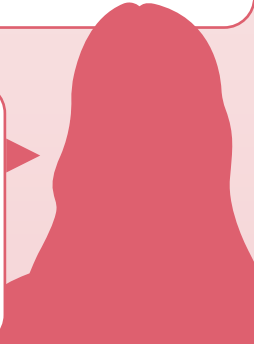
"Last week, you really made me take a look at the way I parent and can I say the bedtime routines for the children have been so much better."



"I learnt about the different emotions and behaviour that my child goes through and how I can manage these. I am trying to implement more activities and add quality time and the timer to bedtime routines. My child is very happy with it and my son loves the time we have at bedtime now."



"I now better understand about Autism and how it differs in other areas. I have gained a lot from attending. I kept on attending this course as every section is different & I have gained a lot of knowledge in which I now adopt in my house."



"Things I have learnt on the course has helped me to communicate with my son better. They gave me some resources to go away with to use at home. I found the course really interesting and fun, its nice to work with other parents"

Is your schedule too hectic to commit to a face-to-face programme?

Why not consider registering for the FREE online courses that you can complete at your own pace and in a venue to suit you?

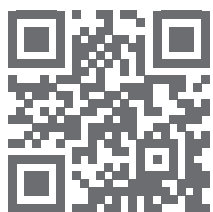
Understanding your child with additional needs

Free online course for all parents, carers and grandparents

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents

For more information scan the QR Code



Connect, Empower, Thrive

Mood Masters

Is life losing its sparkle? MoodMaster can help!

This course is designed to help you find the tools to make your life more enjoyable

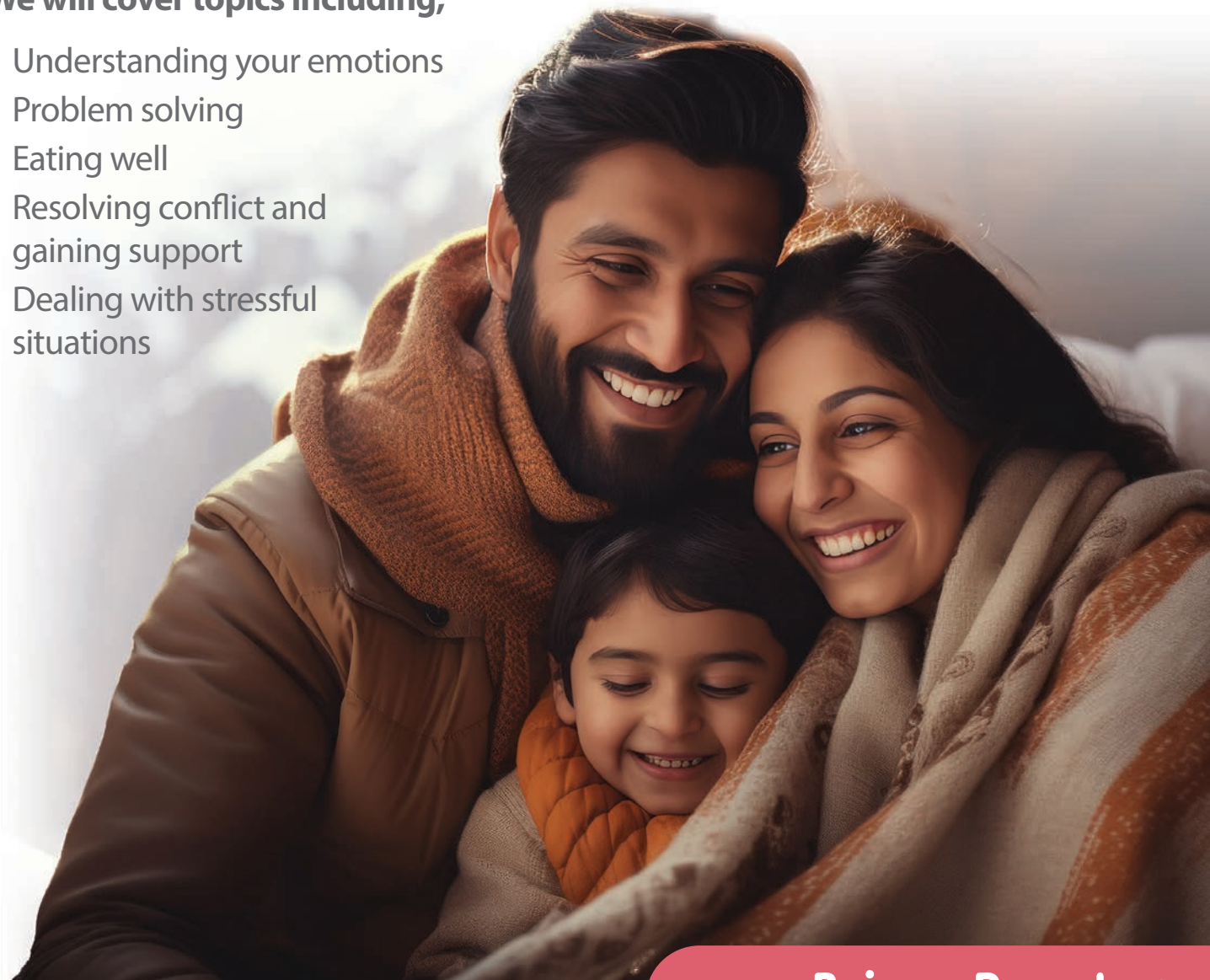
What is mood masters?

Mood Master provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health to help you deal with troublesome emotions such as worry and stress.

Mood Master is an upbeat approach to physical and emotional well being.

We will cover topics including;

- Understanding your emotions
- Problem solving
- Eating well
- Resolving conflict and gaining support
- Dealing with stressful situations



**FREE IN
SANDWELL**

FAMILY TRANSITIONS TRIPLE P ONLINE

Support your child through separation or divorce

Create stability and help your family adjust well

Concerned about how your separation or divorce might affect your child? Worried about handling the changes and challenging moments - yours and theirs?

Family Transitions Triple P Online is a positive parenting programme especially for parents and carers going through separation or divorce. Based on extensive research, it's a complete toolkit of tips, tools and strategies you can use now to smooth the adjustment. For your child, yourself and the whole family. Plus, it's free.

This free online programme can help you learn how to:

- Create a stable, reassuring environment for your child.
- Reduce adverse effects of separation and divorce, and help children feel supported and secure.
- Help your child and yourself to manage emotions and develop good coping skills.
- Handle challenging moments more calmly and confidently.
- Build your communication and problem-solving skills to reduce conflict and co-parent more effectively.
- Adapt and evolve in your new family dynamic.

The programme goes beyond coping skills. It provides guidance on common co-parenting challenges, emphasises positive family relationships and can help you and your child to emerge feeling closer. Your former partner and other family members can do the programme too, which can help create alignment.

- Each of the five online modules takes about an hour (or less) to complete.
- Learn at your own pace, anywhere, anytime, and do just a few minutes at a time.
- Interactive, easy-to-use online programme with videos, activities and downloadable resources.

Start today - it's completely free!

This is a worldwide recognised programme you can do online in your own time.

For more details talk with your allocated practitioner, visit www.sandwellfamilyhubs.com or call 0121 556 5405.

Be quick! Free access can only be offered while funding is available!



Sandwell

Family
Helping Families Thrive



HEALTHY SANDWELL

Are you looking to make a lifestyle change?

- **Stopping smoking**
- **Lead a more active lifestyle**
- **Achieving a healthy weight**

Healthy Sandwell can help point you in the right direction!

Or simply take advantage of the NHS Health Checks we offer, we can help support you every step of the way to a fitter and healthier life.

To find out more, please...

call us on 0800 011 4656 or 0121 569 5100

text GETHEALTHY to 87007

email: LS@nhs.net

or visit www.healthysandwell.co.uk



Useful contacts

Autism West Midlands

www.autismwestmidlands.org.uk
0121 450 7582

Best Beginnings

www.bestbeginnings.org.uk/our-chance

Black Country Women's Aid:

0121 552 6448

Brushstrokes

www.brushstrokessandwell.org.uk
0121 565 2234

Practical assistance through befriending, listening, helping, and teaching of skills.

Changes Activities

www.bookwhen.com/changes

Citizens advice bureau

www.citizensadvice.org.uk
0344 4111444

Family Information Service

<https://fis.sandwell.gov.uk>
0121 569 4914

FIS provide free, confidential and impartial advice and guidance on all aspects of childcare and related services in Sandwell to parents/carers with babies and children aged from birth until 19 Years old.

Sandwell

Family

Helping Families Thrive



Family Hubs:

Family_HubsTeam@sandwell.gov.uk
www.sandwellfamilyhubs.com



Healthy Sandwell:

0800 011 4656 or 0121 569 5100
text GETHEALTHY to 87007 LS@nhs.net

Sandwell healthy minds

www.sandwellhealthyminds.nhs.uk
0303 0339903

Provide opportunities for people to maintain and improve their own wellbeing.

National Breastfeeding Help Line

0300 100 0212

Sandwell Infant Feeding Team

07816061633

Sandwell Breast Feeding Network

07505775357



Welfare Rights Sandwell

0121 569 3158
email welfarerights_team@sandwell.gov.uk

What is a Family Hub?

Children's Centres have grown to include more support and services and are now known as Sandwell Family Hubs.

Our mission is to help all families in Sandwell thrive.

Family Hubs will offer the right help, in the right place, at the right time with services and support for all families with children aged 0 – 19 (or 25 with SEND). Extra support is available for families during pregnancy and in your baby's first years.

Below are a range of services the Family Hubs offer. Visit the website for a full list of services and how Family Hubs can support your family.



Maternity Care and Antenatal Sessions



Midwives and Health Visitors



Infant Feeding Support



Emotional Health and Wellbeing



Support for Parent and Carers



Stay and Play Sessions



Home Learning



Special Educational Needs and Disability Support (SEND)



Housing Support



Benefits and Welfare Advice



**SCAN
HERE**



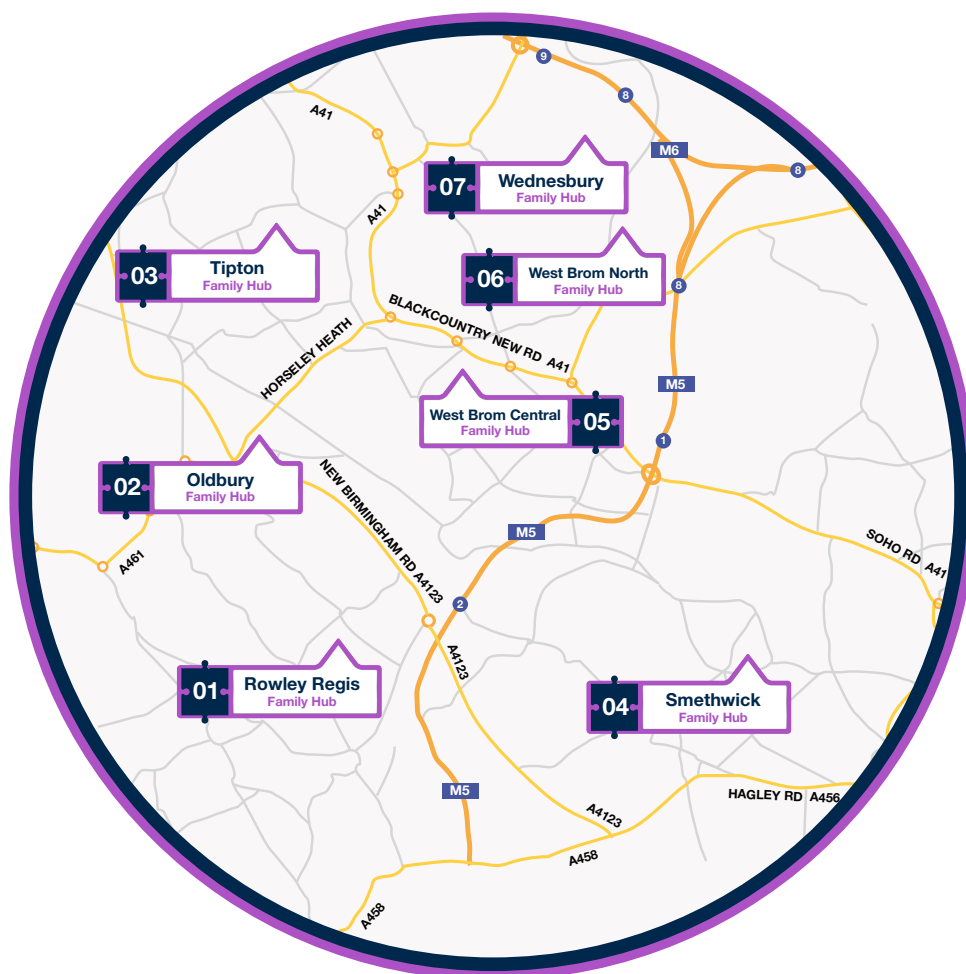
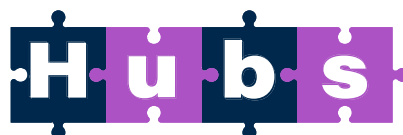
We know that raising a family can be both rewarding and challenging. At times we all need some extra help. Family Hubs can support you and your family by offering the right help, in the right place at the right time for your family.

Please contact your local Family Hub for more details.

Sandwell

Family

Helping Families Thrive



Rowley Regis Family Hub
Dudley Road, Rowley Regis. B65 8JY
0121 559 9916



Oldbury Family Hub
Tividale Street, Tividale, DY4 7SD
0121 557 0740



Tipton Family Hub
24 Ridgeway Road, Tipton, DY4 0TB
0121 522 5150



Smethwick Family Hub
Corbett Street, Smethwick, B66 3PX
0121 555 6756



West Bromwich Central Family Hub
Off Claypit Lane, West Bromwich, B70 9EZ
0121 500 4011



West Bromwich North Family Hub
Connor Road, West Bromwich, B71 3DJ
0121 588 5431



Wednesbury Family Hub
Dorsett Road, Wednesbury, WS10 0JG
0121 556 5405

www.sandwellfamilyhubs.com