

Healthy Relationships – Stronger Families

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

Programme	Child age	Details
Mellow Bumps	Antenatal	For mothers-to-be from 20 weeks gestation. Focus on wellbeing during pregnancy and mother-baby attachment. Group format.
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.
Triple P Baby	0-12 months	Delivers strategies to manage the challenges of becoming a new parent, introducing baby-friendly routines and supporting your partner. Group format. Online learning package also available.
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.
Parents Plus ADHD programme	6-12 years	Child must have an ADHD diagnosis or be on the assessment pathway. 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. Online sessions.
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:

- Birtley – Harras Bank, Birtley, DH3 2LN
- Blaydon – Shibdon Bank, Blaydon, NE21 5EZ
- Chopwell – Derwent Street, NE17 7HS
- Chowdene – Waverley Road, NE9 7TU
- Deckham – Elgin Road, Carr Hill, NE9 5PA
- Felling – High Street, NE10 9LT
- Leam Lane – Cotemedede, NE10 8QH
- Teams – Tyne View, Rose Street, NE8 2LS
- Wrekenton – Wrekenton High Street, NE9 7JR

**Gateshead
FAMILY
HUBS**

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