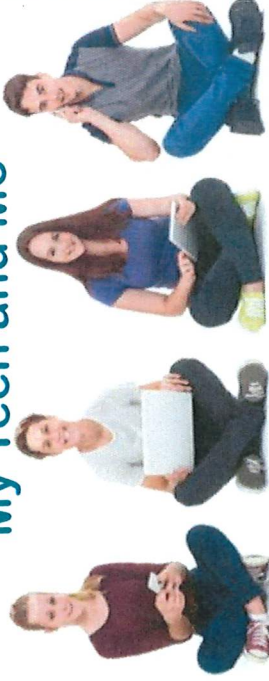


Approaching Adulthood

My Teen and Me



Course Duration: 10 weeks

Suitable for: Teenagers from 11 to 16 years

This course is for parents of teenagers who would like to learn more about how the teenage brain develops, strategies for maintaining boundaries, motivating and supporting young people and learning how to keep children safe.

One for You

Just Me



Course Duration: 6 weeks

Suitable for: Parents with children of any age

This 6 week course is for parents and carers to help them focus on personal wellbeing, increase confidence and maintain healthy family relationships.

What do I need to do to join a course?

Step 1: Send an email to familygroups@stoke.gov.uk with your name, telephone number and name of the course you are interested in.

Step 2: Your Group worker will contact you to arrange a home visit. The Group worker will be leading your course and this is a great opportunity for them to get to know you a little better and to give you more details about the course. It also gives you a chance to ask any questions or raise any specific concerns about your child.

Step 3: Attend our friendly interactive group sessions.

Step 4: Keep in touch - Unlike other family groups we do not stop support when you complete the course. If you would like us to, we can remain on hand to help you with any needs you have around parenting - we can even come and visit you at home.



Parenting Courses

Free, practical and informative sessions tailored to suit every stage of your family's journey



Who can book onto a course?

Any parents or carers living in the Stoke on Trent area with a child can register for one of our courses

When do the courses start?

The courses are ran on a rolling basis throughout the year. When you register on a course you will be given information of the start date and time.

Where are the courses?

The courses take place all over the city, you will get to choose the location that is the most convenient for you.

How are the courses run?

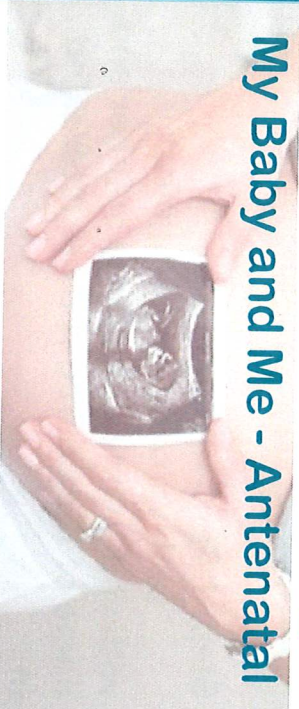
All of our courses are led by trained professionals. Although they are called courses, they take place in small, friendly groups - there is no classroom style learning and everything presented is practical and easy to understand.

Is there a charge for the course?

The courses are all free of charge to residents within the Stoke on Trent area.

Bump to Baby

My Baby and Me - Antenatal

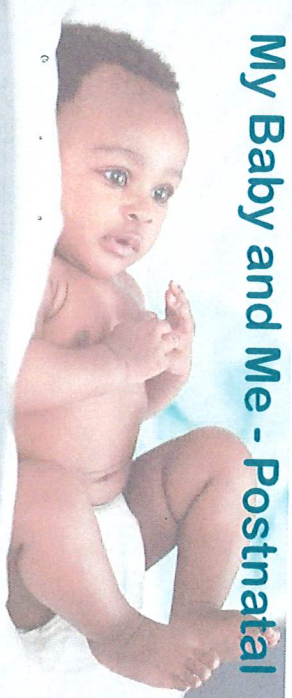


Course Duration: 8 weeks

Suitable for: Expectant Parents and Carers

This course covers the latest information and guidance on enjoying a healthy pregnancy, preparing for the birth process and understanding the changes that happen when a new baby arrives.

My Baby and Me - Postnatal



Course Duration: 8 weeks

Suitable for: Babies from Birth to 9 months
Bring your baby along to make some friends!

This course covers babies brain development and how babies develop both physically and emotionally. It shows the importance of relationships for a baby's development. It looks at babies sleeping, feeding, crying, playing and childcare options.

The Early Years

My Toddler and Me



Course Duration: 10 weeks

Suitable for: Toddlers from 1 to 3 years

Bring your Toddler along for some fun play!
For parents who would like to learn more about how they can support their child through play, create the best home learning environment and provide a strong base for future learning.

My Child and Me



Course Duration: 10 weeks

Suitable for: Children from 4 to 10 years

This course is aimed at improving the emotional health of adults and children by strengthening family relationships. It is a cognitive-relational programme, providing parents with new skills for listening to and communicating with their children as well as developing an understanding of behaviour in the context of relationships.