

What's On

For Parents and Carers

APRIL TO JUNE 2025

FREE ONLINE WEBINARS and GROUPS
for parents and carers of children
aged 0-19 years within East Sussex

01424 725800

EH.0-19parentingteam@eastsussex.gov.uk



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WEBINARS

One off sessions for 90 mins to 2 hours

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To book onto any of our free webinars, please email your name and the title and date of the webinar you wish to attend to:

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or call 01424 725800 to discuss options

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Meet the Parenting Team...



Helen



Ann Marie



Carly



Gemma



Jeorgia



Sarah



Sophie

WEBINARS

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The power of positive parenting

Appropriate for children aged 2-10 years



This webinar is perfect for new parents/carers, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P.

These principles are:

- Ensuring a safe, engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent

**Wednesday 23rd April
10:00 - 12:00pm**

**Thursday 22nd May
12:30 - 2:30pm**

**Thursday 19th June
6:30 - 8:30pm**



Oral health

with H.A.L.O (Healthy Active Little Ones)
Appropriate for children aged 0-12 years



Do you have a regular battle with brushing your child's teeth?

This session is for parents/ carers who want oral health support. Gain knowledge & practical advice on developing healthy habits around toothbrushing & sugary foods.

As part of attending the session, families will receive a complimentary toothbrush pack for their child/ children.

Wednesday 23rd April
12:30 - 2:30pm

Wednesday 14th May
12:30 - 2:30pm

Encouraging positive choices & managing conflict

Appropriate for children aged 2-10 years



This very popular session helps parents/carers to teach their children limits, make good choices and build a strong bond through effective communication

Taking turns, waiting, following instructions, getting along with others, and being told “no” can be hard, especially for younger children.

As the brain grows and emotional regulation develops tantrums are a normal way to express themselves.

Tuesday 1st April
10:00 - 12:00pm

Tuesday 6th May
6:30 - 8:30pm

Monday 2nd June
12:30 - 2:30pm

Learning about Neurodivergent children

Appropriate for children aged 2-19 years



This session is for parents/carers who want to develop their understanding and knowledge of different types of neurodivergence and ways to support Neurodivergent children.

We look at:

- What is Neurodivergence & neurodiversity?
- Different types of neurodivergence
- Pathological demand avoidance (PDA)
- Sensory Sensitivities
- Meltdowns & tantrums

Wednesday 2nd April
10:00 - 12:00pm

Wednesday 14th May
10:00 - 12:00pm

Thursday 12th June
6:30 - 8:30pm

The Importance of play

Appropriate for children aged 2-10 years



Let's talk about play! What is it and why is it so important?

Play is an essential tool that can help to support our child's core skills such as social, cognitive, physical, emotional & creative skills.

This webinar discusses ways in which we as parents/carers can get involved & encourage our children to play in ways that help to develop their confidence, self-esteem, curiosity & independence. Play & learning go hand in hand.

Thursday 1st May
10:00 – 12:00pm

Thursday 5th June
12:30 – 2:30pm

Managing anxiety & raising resilient children

Appropriate for children aged 2-12 years



This session is for parents/carers who want to develop their child's understanding of big feelings & appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve & cope with stressful situations. In this session we will go through some practical ideas and strategies to help with anxiety – turning challenges into opportunities!

**Thursday 3rd April
6:30 – 8:30pm**

**Wednesday 21st May
10:00 – 12:00pm**

**Tuesday 3rd June
6:30 – 8:30pm**

Online safety in a digital world

Appropriate for children aged 2-19 years



Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world - this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

Thursday 24th April
12:30 - 2:30pm

Thursday 8th May
10:00 - 12:00pm

Monday 16th June
12:30 - 2:30pm

Understanding your teenager

Appropriate for children aged 10-19 years



Sometimes talking to pre- teens and teenagers and feeling close can be tricky. As children go through adolescence their brains go through a huge development and pruning process, which can mean lots of things change very quickly, leaving both parents and teens feeling frustrated and confused with one another. In this session we look at what's going on in our pre-teens and teens brains, how we can reduce and avoid confrontation and have much better communication.

Thursday 3rd April
10:00 - 12:00pm

Wednesday 7th May
12:30 - 2:30pm

Tuesday 17th June
6:30 - 8:30pm



for every parent

GROUPS

Online and

Face to Face

To book onto any of our free groups, please email your name, the title & dates of the group you wish to attend to:

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EarlyBird Plus Face to Face

from the

National Autistic Society

Appropriate for children aged 4-9 years diagnosed with autism or on the pathway to diagnosis



EarlyBird Plus is a programme for parents/carers of autistic children aged 4 to 9 years from the National Autistic Society. This programme empowers parents to understand more about autism in their children.

The aim of the EarlyBird plus programme is to equip parents/carers to develop a greater understanding of their child's needs whilst waiting for or following diagnosis. It also aims to develop a consistent approach across settings (e.g. home and school)

Wednesday 30th April to Wednesday 25th June
10:00 - 12:00pm weekly
(Week off for half term)

Archery Youth Hub, Seaside, Eastbourne, BN22 7RR

Teen Life

by the National Autistic Society
Appropriate for pre-teens/teens 10-19 years



Teen Life is a programme for parents/carers of autistic young people aged 10 to 16 years from the National Autistic Society. This programme empowers parents to understand more about autism in pre-teens & teens. The aim of the Teen Life programme is to bring parents/carers together to share information, experiences & ideas in a supportive environment. Teen Life focuses on the importance of autistic perspectives, with a variety of videos & quotes used throughout the sessions from autistic young people.

Virtual

Tuesday 22nd April to
Tuesday 17th June
10:00 - 12:00pm weekly
(week off for half term)

Face to Face

Wednesday 23rd April to
Wednesday 18th June
6:30 - 8:30pm weekly
(week off for half term)

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Hastings Town Family Hub
Waterworks Road
Hastings
East Sussex, TN34 1RT

Calmer co-parenting

For parents who are separated or divorced
Learn at your own pace, anywhere, anytime.



Each of the five online modules takes about an hour (or less) to complete.

Interactive, easy-to-use online program with videos, activities and downloadable resources.

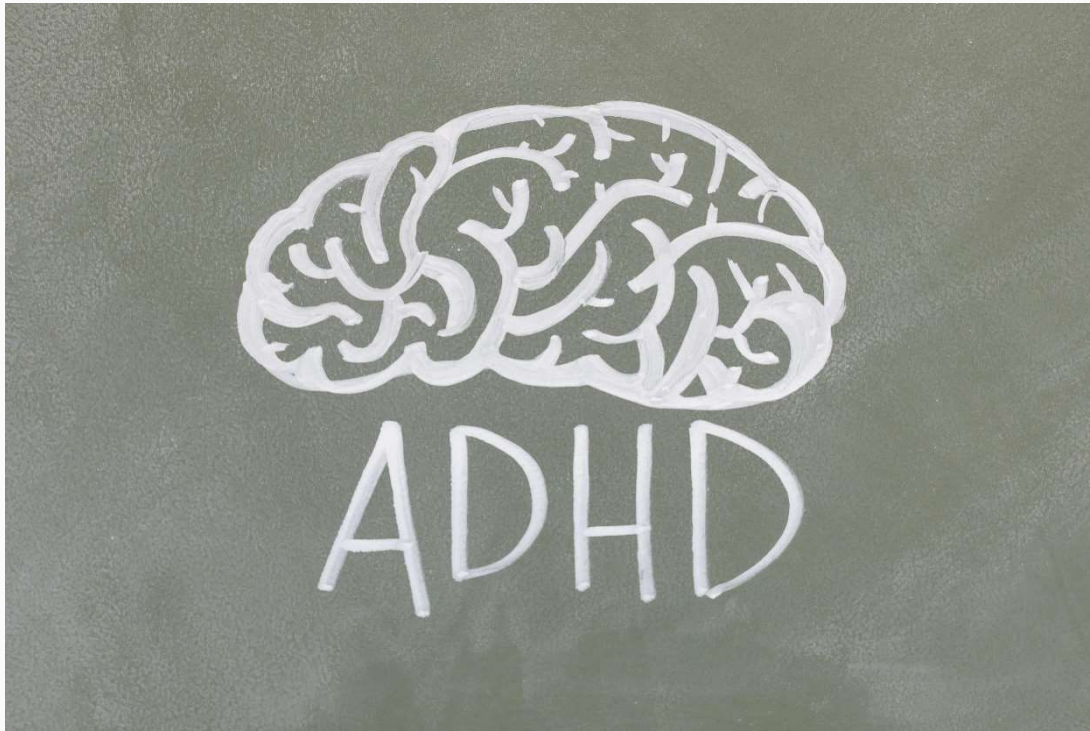
Supported by an East Sussex Parenting Practitioner

Your former partner and other family members can do the programme too.

- Improve communication and reduce conflict with your co-parent
- Gain new ideas, techniques and strategies to help you through the day-to-day dramas
- Build parenting skills and confidence
- Support your child to manage emotions and develop good coping skills

New Forest Parenting Programme

Helping parents/carers to help children
aged 3-11 years with ADHD



The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and eleven with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.

Friday 6th June to Friday 18th July
10:00 to 12:00pm weekly
(week off for half term)



Solihull

Understanding your baby

Appropriate for babies up to 6 months



A 6-week virtual group for families with babies between 0 and 6 months.

This group is designed to support the early development of your baby's brain by focussing on supporting relationships and wellbeing.

Topics covered:

- **Understanding your and your baby's feelings**
- **Baby's brain development, communication and crying**
- **Baby's rhythms and developing healthy sleep patterns**
- **Understanding your baby's feeding**
- **Play and development**
- **Planning ahead - childcare and things to consider**

Thursday 24th April to Thursday 12th June
10:00 to 12:00pm weekly
(week off for half term)

STOP

Teen programme for parents

Appropriate for pre-teens/teens 10-16 years



The course aims to improve family communication through learning how to listen & de-code what your teen is really saying or needing. STOP covers effective behaviour management skills & teen brain development which will help you to feel in control whilst still sensitively responding to your teen's needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health & aggression in young people. This course is mindful of parents/carers needs & emotions as well as the teenagers.

Tuesday 22nd April to Tuesday 17th June
12:30 to 2:30pm weekly
(week off for half term)

Feedback

from parents and carers who have attended
some of our webinars and groups....

“I enjoyed the course very much and felt welcomed. I feel I have come away with loads of ideas, it’s just now putting them into play at the right time.”

“Amazing! Can’t wait to start putting things into practice. I found this session fantastic”

“It was so amazing. Non-judgemental, having the team to talk to was so helpful.”

“Facilitators were brilliant, they really helped me have the confidence to follow things through, listened and didn’t judge and I felt able to speak up throughout the course, thank you.”

Book your place

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Get in touch

Being a parent is not always easy. You are not alone if you find it difficult sometimes.

But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support & advice to help build a positive relationship with your child, we can help.

Do you have any questions?



Call: 01424 725800



email: EH.0-19parentingteam@eastsussex.gov.uk



Visit: www.familyhubs.eastsussex/activities



Find us on Facebook: The Parenting Team

