

Birth to five

## Programme Details

**Location:** Thames View Community Hub (previously Sue Bramley), Bastable Avenue, Barking IG11 0LG

**Date:** Tuesday 3<sup>rd</sup> September 2024 (runs for 13 weeks, 3 hours per week, term time only)

**Time:** 10am – 1pm

**Facilities:** Refreshments and light meal provided. Creche available upon request

**Contact:** Jade Briant 07841903289  
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*“I found it very supportive being part of a group and sharing ideas with other parents.”*

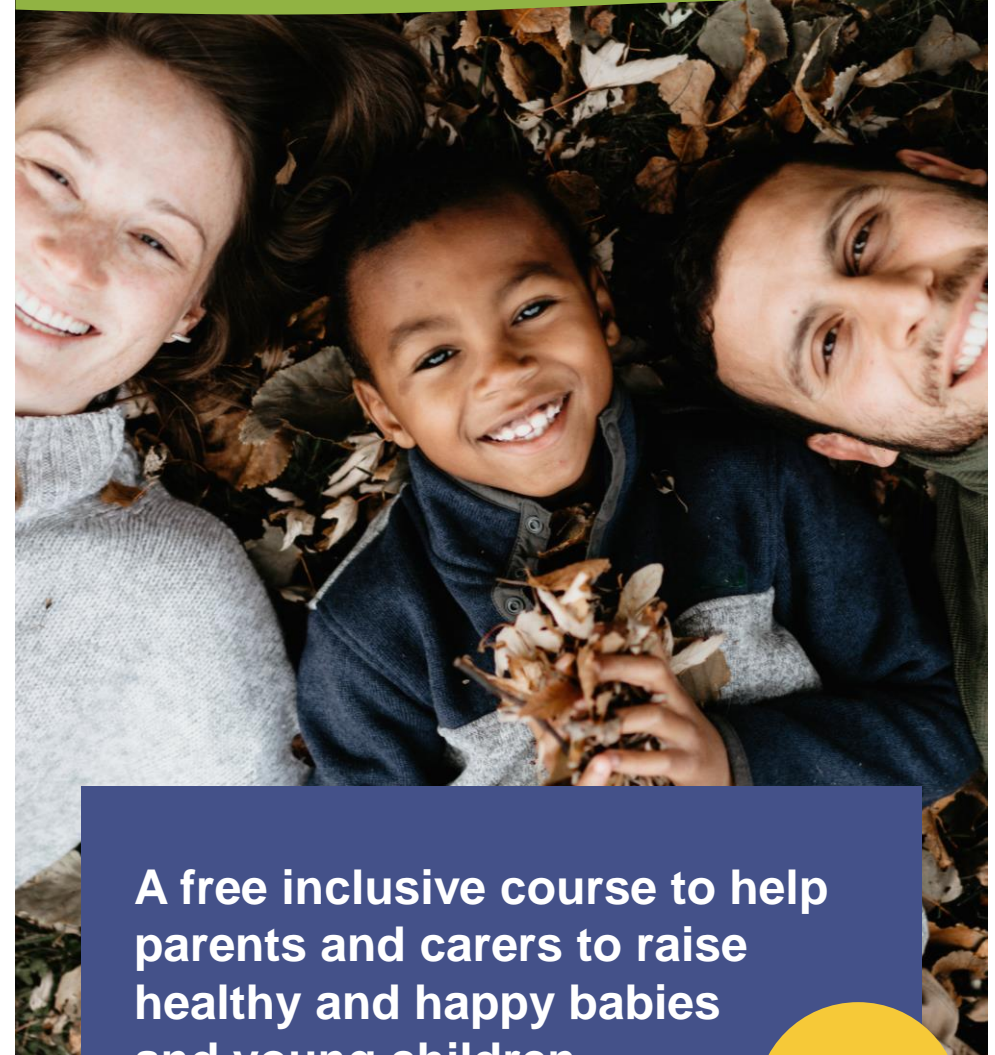


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Birth to five



A free inclusive course to help parents and carers to raise healthy and happy babies and young children.

FREE

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Barking &  
Dagenham



***“I spend more time with my mum, and we communicate better.”***

## About the Programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the ‘wrong crowd’, or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it’s for you!

## The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child’s development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

All groups end with a celebration.

You will receive a certificate and a parent manual.

***“I loved the programme and will ask my friends and relatives to go as well.”***

