Parenting Programmes

Parents and carers sometimes want or need extra help or information to better equip them to deal with parenting issues. We offer a range of free programmes to help you and your family.

Parenting programmes can help you learn:

- effective parenting strategies
- how to promote a child's development
- how to manage common child behavioural problems
- how to support children who are pre and post diagnosed

A parenting programme can help you gain:

- confidence
- skills
- knowledge and understanding

to build a strong and positive family life.

This helps you to keep your family safe, happy and healthy. Parenting courses are an opportunity to meet other parents, share stories and build a support network.

Registering for a local parenting course

Please contact your local Child and Family Centre for further information. To register your interest in a parenting course please complete this form and someone will contact you.