

At Crich, we use the Highfields Family Support service for our parents which ensures we provide an Early Help Offer to all of children and families. 'Early Help' means providing help for children, young people and families as soon as problems start to emerge or where it is likely that issues will impact negatively on children's outcomes.

They can support with parenting, signposting to services, direct work with children, anxiety and anger work, wishes and feelings work, parenting groups (Staff are trained in different parenting courses), rung anxiety workshops, sleep workshops - all sorts really.

They also offer The Incredible Years Parenting Programme which was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. The programme, aimed at children aged 3 to 12 years, is founded on social learning theory and consists of at least 12 weekly, two-hour group sessions delivered by skilled practitioners. Overall, the Incredible Years Programme aims to:

- Promote positive parenting
- Improve parent-child relationships
- Reduce critical and physical discipline and increase the use of positive strategies
- Help parents to identify social learning theory principles for managing behaviour
- Improve home-school relationships

Please contact Amy Rickards at Highfields School for further information:

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