

Cardiff Parenting Services – Information for Referrers September 2020

Full information on each of our parenting programmes is available for parents and professionals [online](#). The information contained in this document is intended as additional information for referrers.

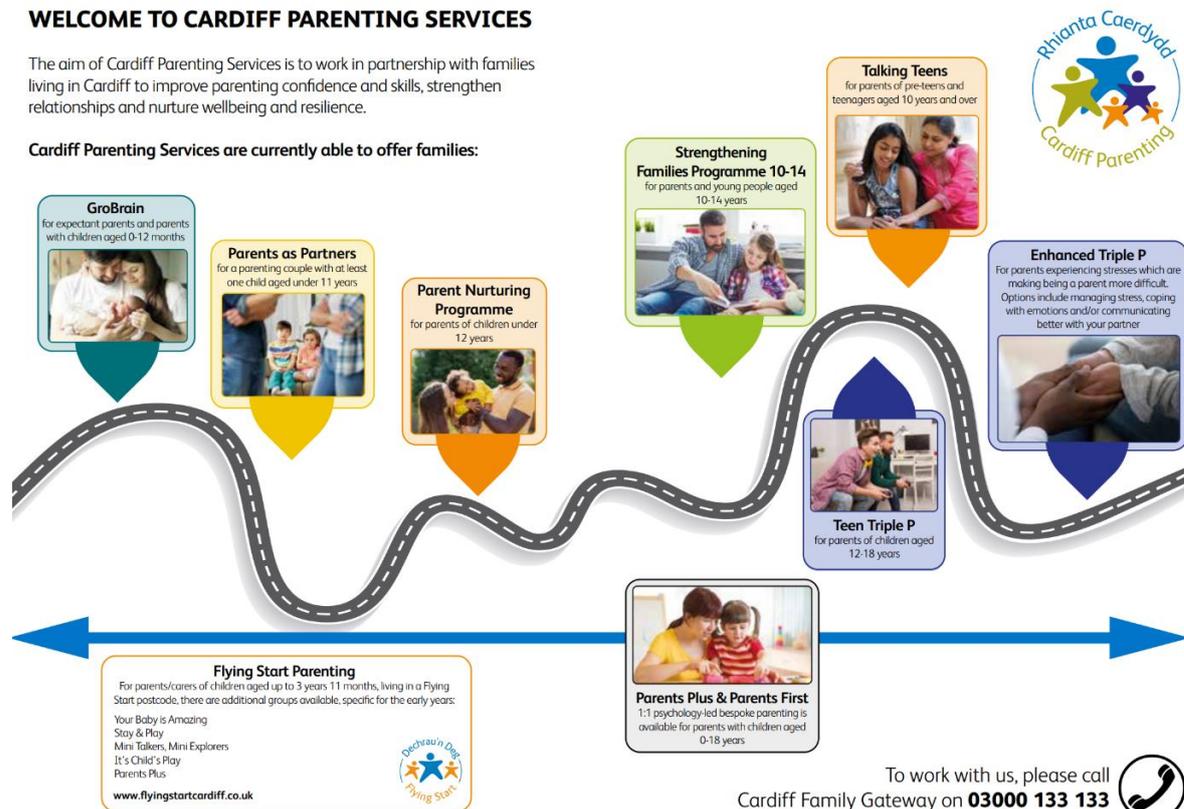
The aim of Cardiff Parenting is to work in partnership with parents to improve parenting confidence, skills, build on parents understanding of their child's behaviour, strengthen relationships, and nurture well-being and resilience.

Cardiff Parenting is a non-statutory service. It comprises the Flying Start Parenting Service and Cardiff Parenting 0-18, both of which offer individual and group contact:

WELCOME TO CARDIFF PARENTING SERVICES

The aim of Cardiff Parenting Services is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships and nurture wellbeing and resilience.

Cardiff Parenting Services are currently able to offer families:



Flying Start Parenting

- For parents/carers of children aged up to 3 years 11 months, living in a [Flying Start postcode](#).
- Flying Start Health Visitors, parents and other professionals can refer directly to Flying Start Parenting colleagues. Referrals will also be accepted via the Family Gateway.

Cardiff Parenting 0-18

- For parents/carers with a child or young person aged 0-18 (or up to the age of 25 in the case of a vulnerable young person) living in Cardiff.
- Referrals for the service can be made through the [Family Gateway](#).
- Trained Parenting Practitioners and Home Liaison Officers work with the parent/carer, on the needs identified and prioritised by the parent. On receipt of a referral from the Family Gateway, an initial telephone consultation by Cardiff Parenting assesses whether the parent feels there is an aspect of their parenting they would like to change, or something about their child they would like to better understand, and whether they are currently able to implement changes with the practitioner's support. Our team offers the parent the most appropriate group or 1:1 programme, depending on parental need and age of their child/ren.

September 2020 - Currently, our services are being offered via telephone, video or online delivery due to COVID-19 restrictions. Universal information is available via our [Facebook pages](#) and via [online](#) resources.

We work in partnership with parents to:

Offer specialised parent-infant dyadic attachment & relational work

Use psychology in partnership with parent to facilitate changes in understanding & supporting child's development, strengthen parent-child interaction/relationship, understanding & responding to behaviour

Learn about their family and wider systems to facilitate change in entrenched behaviours.

Strengthen family relationships & improve communication between parents.

Understand how a parent's experience (e.g., their own childhood, ACES) can impact on their parenting.

Better understand behaviour and learn how a parents can respond to help their child/young person with big emotions (co-regulation)

Plan and introduce increasing independence for pre-teens & teens

Establish appropriate expectations of infant, child and teenager

Significant developments in the baby and teen brain and how these impact on behaviour and skill development

Consider the role of praise & Positive Discipline

Model play ideas for parent and child at home, promoting parent-child interaction & child development

Provide community messages, increasing engagement & connecting with other adults

Cardiff Parenting Services:

Facilitating change through a therapeutic relationship
(Parents Plus & Parents First)

Psycho-educational & manual-led parenting programmes
(Flying Start Groups & Connecting Families)

Engagement & Information for parents and families
(Flying Start Groups)

Parenting Services are underpinned by sharing the value and importance of play & parent-child interaction for attachment, relationships & child development

Cardiff Parenting are best placed to offer support where:

- Parenting is the primary need.
- Parents provide informed consent and are willing to engage with a voluntary service.
- Parents are able to engage in weekly sessions with a member of the team.
- The parent views themselves as the agent for change.
- A parent wants to better understand their child's development, behaviour, emotional responses, or how their own experiences may impact on their parenting.

Cardiff Parenting Services are not best placed to offer support where:

- The change issues or the primary focus is individual work with the child.
- A child/young person's mental health or medical need is of primary concern e.g. plans or actions to cause harm to self, eating disorders, seeking a diagnosis or assessment.
- The change issue is related to school but does not really impact on home life e.g., concerns with learning in school but the child is happy to go to school. These needs may be better met by the schools own resources or following the schools graduated response for ALN, including access to specialist teachers, Educational Psychology Service, Resilience Project.
- A parent is happy with the way things are at home and it is another professional who wishes them to engage in the service.
- Parenting capacity is significantly negatively impacted by the parent's own mental health & wellbeing e.g., unmanaged/unmet mental health needs, experience of trauma, that would be better supported by adult services or health services, prior to a parenting referral.
- Post-diagnostic support is being sought.
- Safeguarding is the primary need and the priority is to provide appropriate safeguarding services such as assessment, care and support.
- There are already multiple professionals engaged with the family additional service/support would overwhelm the family and prevent a realistic goals being set. At this time, a Thinking Together Conversation with the professionals already involved, may be more appropriate.