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Parenting Support Offer

London Borough of Sutton
Family Hubs



Parenting Support Offer

We know that being a parent can be both rewarding and challenging, and we all need a helping hand at times.

Knowing where to go and who to turn to can be vital to getting that help early and preventing further escalation.

Our parenting support programmes are a source of support for all parents and carers and offer an opportunity to share parenting experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour.

What support can I get as a parent/carers and what do we offer in Sutton?

We provide the following parenting support programmes.

Empowering Parents Empowering Communities (EPEC)

- Being a Parent
- Being a Parent - Together

Care for the Family

- Time out for for Parents -The Teenage Years
- Time out for Parents - Managing Anger in the family
- Time Out for Parents - Autism

Adapt to Learn

- Small Change, Big Difference



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EPEC: Being a Parent course



What is EPEC

Empowering Parents, Empowering Communities (EPEC) is a proven method of *prevention and early intervention* that helps children and families get the very best start in life.

Parents tell us that the support programmes 'work'. They tell us that the *Being a Parent* and the *Being a Parent-Together* parenting programmes has helped to improve their family's lives and it has increased their confidence and skills as a parent.

What does EPEC offer?

- The delivery of peer-led parenting courses.
- 9 week course – 2 hours per session. This includes a coffee/information session at the beginning of the course.
- For up to 14 parents.
- Sessions are highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.
- Parents practice and use new skills in everyday life to achieve specific goals

Who is it suitable for?

Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age living in Sutton.

The course aims to improve child development and outcomes, parenting, family resilience and improve family relationships.



Course content

Coffee/Information session

- Learn about what is covered during the course
- Meet the programme facilitators
- Sign up for the course

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Session 3: Play

- Child-led play

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

Session 6: Discipline Strategies

- Understanding what we mean by boundaries
- Time out and saying 'No'
- Household rules

Session 7: Listening

- Communication styles
- Helping a child when upset
- 'Open and Closed' questions
- Reflective listening

Session 8: Review and Support

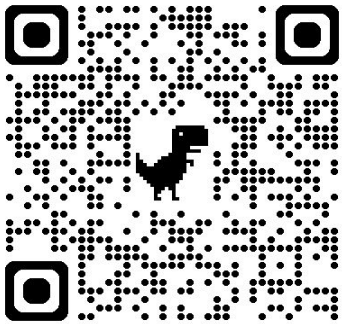
- Coping with Stress
- Reviewing the course and knowing where to get support
- Ending and celebration



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Monday 13th April 2026	Monday 22nd June 2026	10am - 12pm	The Quad, Green Wrythe Lane Carshalton SM5 1JW
Wednesday 9th September 2026	Wednesday 4th November 2026	9am - 11am	St Elphege's Primary School Mollison Drive, Wallington, SM6 9HY

For more information contact:
Theresa Cameron – Parenting Coordinator
Phone – 07736 338 924
Email – parenting@sutton.gov.uk
Clare Kennedy- Parenting Administrator
Phone- 07873 702 777



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EPEC: Being a Parent - Together Course



Being a Parent - Together

Being a Parent - Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

Parenting and the pressures of everyday life, can be stressful at times and can sometimes lead to conflict between parents.

Parents may have different views on parenting or they may be concerned about disagreements or quarrels and unresolved difficulties in their relationship that are affecting their parenting.

This course aims to make mothers and fathers welcome together.

It focuses on how mothers and fathers can transform the lives of their children by working and learning together.

The course improves family relationships which produces positive outcomes for children.



Course content

Coffee/Information session

- Learn about what is covered during the course
- Meet the programme facilitators
- Sign up for the course

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Stating the positive

Session 3: Play

- Expressing feelings
- Child-led play - Special Time

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Teamwork and Household Rules

Session 6: Discipline Strategies

- Instructions, consequences, rewards and star charts
- Understanding what we mean by boundaries
- Saying No and withdrawing attention

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

Session 8: Review and Support

- Communication styles
- Reflective listening

Session 9: Review and support

- Coping with stress
- Reviewing the course and further support
- Ending and celebration



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Tuesday 14th April 2026	Tuesday 16th June 2026	6pm - 8pm	Carshalton Family Hub (previously known as Tweeddale CC) Tweeddale Road, Carshalton, SM5 1SW (please note this programme is aimed at parents with children aged from 2 - 5 years)

For more information contact:

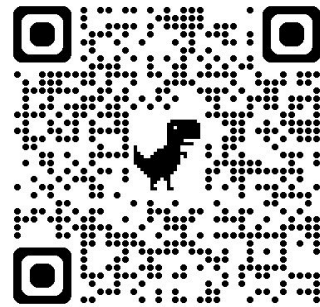
Theresa Cameron – Parenting Coordinator

Phone – 07736 338 924

Email – parenting@sutton.gov.uk

Clare Kennedy- Parenting Administrator

Phone- 07873 702 777



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EPEC - Being a Parent - Living with Teenagers



EPEC Being a Parent - Living with Teenagers

Like other EPEC programmes, Living with Teenagers is designed to improve parent confidence, skills and satisfaction, reduce adolescent and family difficulties as well as improve social and community connectedness.

What does EPEC offer?

- The delivery of peer-led parenting courses.
- 8 week course – 2 hours per session.
- For up to 14 parents.
- Sessions are highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.
- Parents practice and use new skills in everyday life to achieve specific goals

Who is it suitable for?

Being a Parent - Living with Teenagers programme is suitable for any parent/carer with a child 11-16 years of age living in Sutton.



Course content

Session 1:

- Introductions
- Group Agreement
- Setting goals
- Feedback from setting goals
- What was it like to be a teenager?
- What is it like to be a teenager today?
- Being a parent of a teenagers
- Then and now exercise
- Full cup/empty cup

Session 2:

- Parenting Styles
- Talking to your teenager
- What is good listening?
- Communication
- Listening exercise

Session 3:

- Needs behind behaviour
- Denying feelings
- Acknowledging feelings
- Labels exercise
- Valuing my teenager
- Praise and building young people's
- Self esteem

Session 4:

- Positive parenting strategies
- Family meetings
- Focused activity/quality time
- Expressing feelings
- Stating the positive

Session 5:

- Styles for handling conflict
- Negotiation
- Teenage responsibilities
- Discipline

Session 6:

- Household rules
- Limit setting and saying no
- Ignoring
- Instructions
- Consequences
- Privilege removal
- Parenting strategies

Session 7:

- What is normal – what is worrying?
- What makes a difference helping
- Teenagers manage risk?
- Raising difficult issues
- Supported problem solving

Session 8:

- Welcome / Icebreaker
- Feedback
- Pulling it all together- using toolkit
- Building independence/letting go
- Review goals and achievements
- Evaluation
- Next steps
- Celebration



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Monday 7th September 2026	Monday 2nd November 2026	10am - 12pm	Sutton Family Hub, Sutton Central Library, First Floor, St Nicholas Way, SM1 1EA

For more information contact:

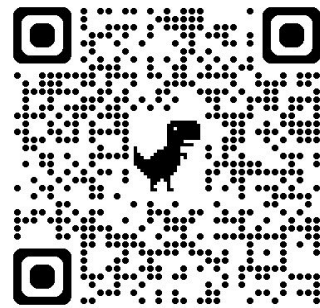
Theresa Cameron – Parenting Coordinator

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Phone- 07873 702 777



EPEC - Being a Parent - Autism



EPEC Being a Parent - Autism - Parents' Quotes

Parents' quotes on what they found useful from Being a Parent – Autism include:

“The support and advice I was given throughout the group sessions from both the parents and facilitators. Having a space to freely discuss our situations without feeling judged.”

“The real-life teachers of the group. I mean they themselves have got children with needs which are enlightening to hear. Informal classes, it was relaxed and really went at the speed of the group I observed.”

“Hearing from people with similar struggles to us. Learning practical parenting tips.”

Who is Being a Parent – Autism for?

Being a Parent – Autism has been designed to meet the needs of parents of autistic children within a range of contexts and at various points on the diagnostic pathway.

The flexibility of the material allows for parents to join the group pre-diagnosis and assessment, to enhance their understanding of their child's behaviour whilst awaiting formal assessment.

The group can be attended by any parent or carer having regular contact with the child, including extended family members such as grandparents, aunts or uncles.



EPEC Being a Parent - Autism

What is Being a Parent – Autism?

Being a Parent – Autism is a 10-week programme co-designed by parents with lived experience of autism, clinical psychologists and experienced parenting practitioners.

Each session is 2 and a half hours long, enabling sufficient time for parents and carers to give feedback each week and offload if necessary if that is helpful for the group process.

Parent Group Leaders delivering the programme ideally will have lived experience of having a child with neurodiversity or a learning disability.

The aims of the programme are:

For parents and carers to gain an overall understanding and acceptance of autism and how each autistic child or person experiences neurodiversity differently and may adopt unusual behaviours to cope with the world around them.

For parents and carers to learn positive parenting strategies to support their child or young person with autism, particularly in three areas of difficulty where children can and do learn:

To manage feelings and social interactions; coping with change/transitions and being flexible, and sensory processing difficulties.

To support parents and carers to recognise the signs their child is becoming overwhelmed and how to avoid, or minimise, or support their child through an emotional crisis – either a “meltdown” or a “shutdown”.

To support and promote parental wellbeing and stress management.

For parents and carers to know what support is available locally and nationally, and how it might be accessed.

For parents and carers to develop positive support networks with each other and with professionals working with their children and families.

As with other EPEC courses, Being a Parent Autism sessions are highly interactive, using a mix of different activities and tasks.



Course content

Session 1

- Being a parent of a child affected by
- Autism (challenges and changes)
- Being a child affected by Autism
- Coping as a Parent (goals/motivators)

Session 2:

- Autism information
- Being a Good Enough Parent
- Parent & family circumstances, resilience, stress and wellbeing

Session 3:

- Recognising, expressing & acknowledging feelings and experiences
- Helping parent change
- Spotting, managing and recovering from Melt-downs

Session 4:

- Child-led play
- Describing behaviour and avoiding labels
- Hidden cost of criticism/negative attention trap
- Clear instructions

Session 5:

- Needs behind behaviour
- Behaviour & Autism /START
- Sensory Processing Disorder

Session 6:

- Descriptive praise, praise & more of,
- making praise effective
- Praise and encouragement
- Encouraging flexibility
- Timescales & schedules

Session 7:

- Big/Little Communication/Listening/Not
- Listening
- Boundaries, limits & consistency
- Tangible rewards/points
- Positive discipline

Session 8:

- Instructions/commands/saying 'no'
- Withdrawing attending/ignoring
- Parenting styles
- Calm down/de-escalation

Session 9:

- Contracts & consequences
- Active listening
- Emotional flooding
- Coping with meltdowns
- pact on parent and parenting
- Behaviour plans

Session 10:

- Stress management



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Tuesday 8th September 2026	Tuesday 17th November 2026	10am - 12pm	Sutton Family Hub, Sutton Central Library, First Floor, St Nicholas Way, SM1 1EA

For more information contact:

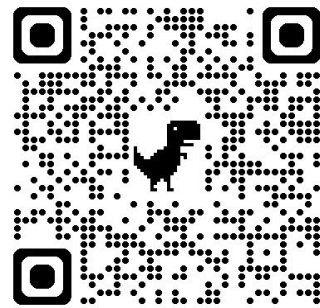
Theresa Cameron – Parenting Coordinator

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Clare Kennedy- Parenting Administrator

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Care for the Family: Time out for parents- Dad's

How does it work?

Whether you're parenting as a couple, a single parent or away dad, this course aims to help you share your feelings and experiences and come up with solutions to your problems based on what works for you.

What's in the course?

You'll look at how you can improve your understanding of how to meet your child's needs, including learning and development. You'll explore other key aspects including building self-esteem and positive communication, setting and maintaining boundaries, and managing your child's behaviour.

There's also time to think about how your role might change as your child grows and ways to build a healthy relationship with the wider family.



Course content

- **Session 1: What are dads for?**

- Welcome and introduction
- Group agreement and confidentiality
- Workshop aims
- The goals of parenting
- The need for dads
- The impact of our own fathers
- Our aspirations as dads
- Reflection
- Focus of the week

- **Session 2: Dad-The Manager**

- Introduction and review
- Children's temperaments
- Children's needs
- Building emotional security
- The 'emotional bank account'
- Reflection
- Focus for the week

- **Session 3: Dad- The Coach**

- The importance of time
- Family life from a distance
- The power of words
- Recognising children's feelings
- Coaching techniques
- Reflection
- Focus of the week

- **Session 4: The Trainer**

- What is discipline?
- Setting the boundaries
- Why children misbehave
- Parenting styles
- What is your style of parenting?
- Keys to positive parenting
- Reflection
- Focus of the week

- **Session 5: The Team Player**

- The importance of time for yourself
- Letting off steam
- Handling conflict
- Family traditions
- Reflections
- Certificates



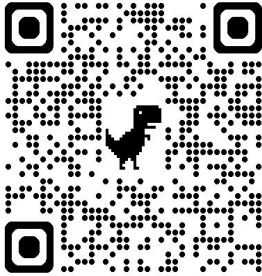
Who is it suitable for?

Time Out for Parents – Dad’s
If you are a dad/stepdad, this course is for you!
Five workshops focussing on the importance of dads and helping you to build an even better relationship with your children.

“This course has been an excellent eye-opener in terms of understanding my role as a father and also the needs of my children.”
Feedback from a parent

Course start date:	Course end date:	Timings:	Venue:
Thursday 8th October 2026	Thursday 12th November 2026	6pm - 8pm	TBC

For more information contact:
Theresa Cameron – Parenting Coordinator
Phone – 07736 338 924
Clare Kennedy- Parenting Administrator
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Email – parenting@sutton.gov.uk



Care for the Family: Time out for parents- The Teenage Years

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties. They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions and practical tasks to help parents build on their strengths and gives them the time and space to think about any positive changes they want to make. A helpful and easy parent/carer handbook is included with each course.



Course content

Session 1: The challenge of the teenage years

- Welcome and introductions
- Group agreement and confidentiality
- Course aims
- The goals of parenting
- Challenges of the teenage years
- The teenage brain
- Identity
- Independence

Session 2: Building emotional resilience

- Temperament
- Emotional wellbeing
- Mental health
- Staying connected
- The emotional bank account

Session 3: Communication

- Communication
- Listening to your teenager
- Understanding body language
- Reflecting back with empathy
- The feeling behind the behaviour
- 'I' messages
- Good communication

Session 4: Parenting styles and boundaries

- Parenting styles
- Consistency
- Negotiation
- Choose your battles
- Consequences
- House rules

Session 5: Big Issues

- Risky behaviour
- Let's talk - about difficult topics
- Alcohol
- Illegal drugs
- Sex and relationships
- It's not the end of the story

Session 6: Big Issues strong families

- Peer pressure
- Parenting in the digital world
- Screen Time
- Internet safety
- Pornography
- Family media agreement
- Family Traditions'

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Who is it suitable for?

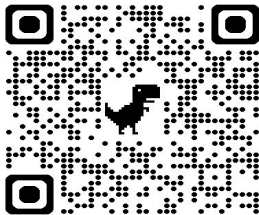
The Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

One of the biggest challenges for parents of teenagers is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style, and developing negotiating skills.

The course is an 6 session course written by parents and professionals. Each session runs for 2 hours. We hope it will provide an opportunity for families of pre-teens and teenagers to support and encourage each other.

Course start date:	Course end date:	Timings:	Venue:
Monday 9th November 2026	Monday 14th December 2026	6pm - 8pm	School TBC

For more information contact:
Theresa Cameron – Parenting Coordinator
Phone – 07736 338 924
Clare Kennedy- Parenting Administrator
Phone- 07873 702 777
Email – parenting@sutton.gov.uk





Care for the Family: Time out for parents- Managing Anger in the Family

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties.
They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions and practical tasks to help parents build on their strengths and gives them the time and space to think about any positive changes they want to make.
A helpful and easy parent/carer handbook is included with each course.



Course content

Session 1: Managing our anger- part 1

- Welcome and introduction
- Group agreement and confidentiality
- Course aims
- What is anger?
- Learning new ways to manage anger
- Anger triggers
- Anger and self esteem
- The Anger River
- Keeping out of the river
- Recognising when we are in the river
- Getting out of the river
- When we have gone over the edge
- Anger diaries

Session 2: Managing our anger - part 2

- Personal beliefs
- Weighing up consequences
- The broken record strategy
- I-messages
- Relaxation

Session 3: Helping children manage anger - part 1

- Dealing with children's anger
- Boundaries and rules
- What makes children angry?
- Responding unhelpfully to anger
- Active listening
- Naming feelings
- Dealing with anger at school

Session 4: Helping children manage anger - part 2

- Explaining anger to children
- Keeping children out of the river
- Helping children to recognise when they are in the river
- Helping children to weigh up consequences
- Helping children who are close to the edge
- When children go over the edge

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Who is it suitable for?

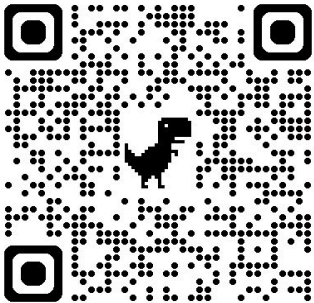
The Time Out for Parents-Managing Anger in the Family is aimed at parents/carers of children aged from 5 to 16 years, wanting guidance in meeting their child’s social, behavioural and emotional needs particularly in relation to anger management.

This course is a prevention programme to meet the needs of parents facing everyday challenges of parenting, with a particular focus on the issue of anger in the family.

The programme is a 4 session course written by parents and professionals. Each session runs for 2 hours.

Course start date:	Course end date:	Timings:	Venue:
Thursday 10th September 2026	Thursday 1st October 2026	6pm - 8.30pm	The Quad, Green Wrythe Lane Carshalton SM5 1JW

For more information contact:
Theresa Cameron – Parenting Coordinator
Phone – 07736 338 924
Clare Kennedy- Parenting Administrator
Phone- 07873 702 777
Email – parenting@sutton.gov.uk



Care for the Family: Time out for parents- Autism

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties. They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions and practical tasks to help parents build on their strengths and gives them the time and space to think about any positive changes they want to make. A helpful and easy parent/carer handbook is included with each course.



Course content

Session 1: Understanding Autism

- What is Autism?
- What causes Autism?
- Support Interventions
- Principles of behaviour management
- Sensory processing
- Reflection
- Focus of the week

Session 2: Understanding the ASD/ASC world

- Too much information
- Communication
- Social interactions
- Thinking differences
- Anxiety
- Reflection
- Focus of the week
-

Session 3: Understanding and managing behaviour

- Behaviours that annoy or worry
- Repetitive behaviour
- Restricted interests and resistance to change
- Special interests
- Self-esteem
- Reflection
- Focus of the week

Session 4: Understanding and managing challenging behaviour

- Challenging behaviours
- Pathological Demand Avoidance
- Problem behaviours
- Meltdowns
- There is always a reason
- Not all negative
- Reflection
- Where do we go from here?



Who is it suitable for?

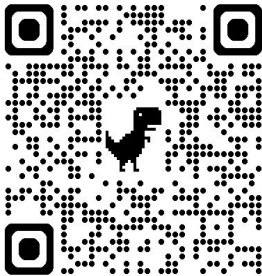
Time Out for Parents – Children with Autism is a four-session course, which will cover the important subjects of self-esteem, basic principles of behaviour management, the wider family and home/school issues. It will enhance parents existing knowledge of Autism.

Who the course is for: Parents/carers of children with a diagnosis of Autism or who are awaiting Assessment.

This programme is also for those parents who are concerned that their child may have Autism.

Course start date:	Course end date:	Timings:	Venue:
TBC	TBC	TBC	TBC

For more information contact:
Theresa Cameron – Parenting Coordinator
Phone – 07736 338 924
Clare Kennedy- Parenting Administrator
Phone- 07873 702 777
Email – parenting@sutton.gov.uk





What is Adapt to Learn?

Adapt to Learn is an established educational service offering specialist advice in autism, social communication and behavioural needs.

Adapt to Learn work closely with local families to help them to understand their child's additional needs, to analyse behaviour and to offer effective, practical strategies and bespoke interventions. They also work with many local schools and Academy Trusts, providing detailed observations, Intervention Plans, one to one sessions and small group work.

Together, co-founders Melanie and Tracy have over 30 years' experience working for Local Authorities in the field of Special Educational Needs. They work with children ranging from two to eighteen years of age.

Small Change, Big Difference Course information

Details:

This is a 4-week course which requires a 4-week commitment to attend.

Each session is 2 hours

The course is for parents of all key stages

Overview

Our aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism.

Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.

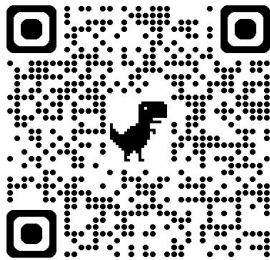
During our interactive sessions, parents will be given the opportunity to make connections and friendships with each other, gain support and feel less isolated.



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
TBC	TBC	TBC	TBC

For more information contact:
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Other parenting support

- Playwise-<https://playwise.org.uk/services/#family>
- Sutton Women's Centre-<https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers-<https://www.suttoncarerscentre.org/young-carers-services>
- Sutton Parent Forum-<https://www.suttonparentsforum.org.uk/>
- Cognus-<https://www.cognus.org.uk/services-for-families/cognus-therapies/>
- Bags of Taste-<https://bagsoftaste.org/>
- Sutton Children's Centres-<https://www.sutton.gov.uk/-/children-s-centres-family-support>
- Homestart-<https://homestartsutton.org.uk/get-support/>
- Solihull Parenting-<https://solihullapproachparenting.com/online-course-for-parents-0-19/>
- Family Lives-<https://www.familylives.org.uk/>
- Sutton Men in Sheds-<https://www.daddilife.com/>
- Jigsaw4u-<https://www.jigsaw4u.org.uk/parenting/>
- Transform Sutton-<https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/>

