

Parenting Programmes in Ealing

As parents, we all face parenting challenging from time to time; and may need some support through new ideas and new learning. Sometimes children need to be parented differently, especially if they are anxious or have additional needs. This is where parenting programmes support us to support the children. Parenting Programmes are also the first point of supporting to meet the needs of children with ADHD, ASD and Oppositional Defiant Disorder and this will be the recommendation for parents from CAMHS that are seeking a diagnosis in the is area before the referral is accepted. Here is information from the Parenting Service:

How parenting programmes help

Parenting programmes are offered free of charge to Ealing families referred to the service. These programmes have been developed after years of research and trial and error of different techniques. Their purpose is to help parents build on their parenting skills in order to manage behaviours, emotional difficulties and other challenges; and to develop positive relationships with their children where there is mutual respect.



Subjects covered include:

- Setting boundaries
- The difference between discipline and punishment
- Managing sibling rivalry
- Boosting the confidence of both the parent and the child
- Learning how to listen and respond to a child to achieve the best results.
- Giving positive attention instead of negative attention
- Spending quality time with children – what that means and how to achieve it.
- And much more ...

Parents completing the programmes report much better relationships with their children as well as improved relationships between siblings; and a great improvement to the challenging situation they were facing.

Parenting workshops

Parenting workshops are delivered free of charge to families in Ealing and cover a wide range of subjects with useful information and advice; looking at what works with children and young people as well as the challenges they face. Workshops are also offered that look at money and benefits amongst other subjects.

Subjects covered include:

- Practicing mindfulness
- Dealing with conflict in relationships

- Positive co-parenting
- Routines
- Creating a positive learning environment

To contact Ealing Parenting Service email parentingserviceadmin@ealing.gov.uk . You can ask questions about our programmes or book a workshop.

Full contact and referral details on our [Ealing Parenting Service](#) directory pages



Working together to keep our children safe and happy.