

Parenting Programmes and Support in Sheffield

In Sheffield we offer a range of parenting support covering all age ranges, from pre birth programmes through to programmes for parenting teenagers. We also provide programmes parents with specific and complex needs. All programmes are evidenced based with the majority of the delivery taking place in a group setting, however where needed practitioners can request 1:1 support to in the home via a request for support, CAF or MAAMs summary.

Where ever possible programmes are delivered in local communities and we strive to provide access to all families who want support by delivering flexibly both during and day and in the evenings and also at weekends.

Detailed below are brief details on the range of programmes we offer and how to access them. For more information on the programmes and to find out what is being delivered in a particular area, we would advise that you contact one of our Senior Parenting Practitioners working across our Multi Agency Support Team (MAST) areas:

North MAST
0114 2331189

East MAST
0114 2395872

West MAST
0114 25306865

Parenting Programmes:

0-12 Group Triple P (level 4)

Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self care skills. Based on a minimum sufficiency model

Duration – 8 weeks

Universal or MAST Access – no prerequisite

Teen Triple P (level 4)

Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self care skills. Based on a minimum sufficiency model

Duration – 8 weeks

Universal or MAST Access – no prerequisite

Primary and Standard Triple P 0-12 and Teen (level 4)

These programmes incorporate the strategies covered in the generic group programmes but are delivered on a 1:1 basis in the home

Duration – 8 weeks
MAST assessment/referral – no prerequisite

Enhanced Triple P (level 5)

A targeted parenting programme for parents of children 0-12 who have completed a level 4 Triple P programme and are deemed as needing additional support. This is an individualised programme building on and reinforcing the level 4 programme in the home environment. The programme also addresses family adversity such as parental depression, stress and relationship conflict

Duration – maximum of 12 weeks

MAST assessment/referral required – prerequisite – completion of an evidenced based parenting programme at level 4

Pathways Triple P (level 5)

A targeted programme for parents of children 0-16 who require intensive support particularly focused on developing specific coping strategies for managing difficult emotions including parental anger, depression, anxiety and high levels of parenting stress at high risk times. Triple P Pathways, when combined with basic parenting skills, is a comprehensive multi component cognitive behavioural intervention for child maltreatment. The programme can be delivered in a group setting or on a 1:1 basis

Duration – maximum 6 weeks

MAST assessment/referral - prerequisite – completion of an evidenced based parenting programme at level 4

Stepping Stones Triple P (level 4)

A targeted parenting programme for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self control and is delivered in a group setting

Duration – 10 weeks

Universal/MAST Access – no prerequisite

Co-Parenting Well

A targeted programme for parents of children 0-16 who are in conflict including those who are separating or who are separated. Parents attend parallel programmes reflecting on the impact of parental conflict and develop strategies and coping skills to minimise conflict and promote the emotional health and well being their children.

Duration – 10 weeks

MAST Assessment/Referral – no prerequisite

Incredible Years

A universal parenting programme for parents of children aged 3-8. The programme builds positive parenting skills and capacity and aims to promote children's health and well being. The programme is delivered in a group setting

Duration – 12-15 weeks
Universal/MAST Access – no prerequisite

Baby Incredible Years

A universal programme for parents of children 0-12 months. The programme builds positive parenting skills and promotes bonding and development. It is recommended that baby attends the programme with parent/s

Duration – 8 weeks
Universal/MAST Access – no prerequisite

Change 4 Life Together – Reducing Childhood Obesity

A universal parenting programme for parents of children 2-16. The programme is a healthy lifestyles programme that aims to help parents implement the eight change 4 life healthy lifestyle messages in their homes. This is a group programme.

Duration – 7 weeks
Universal/MAST Access – no prerequisite

Parenting Tip Sheets

Parenting Tip Sheets on a number of topics across all the age ranges are available at the bottom of the page.

Generic Parenting Training

The Parenting Team has developed a 2 Days Generic Parenting Workshop to provide practitioners across service areas with basic parenting skills and capacity. The team can be commissioned to deliver this training.

The **Parenting Strategy Manager is Tracy Watson –**
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