

Parenting Course Referral

 Bromley Children Project, Central Library, Bromley High Street, BR1 1EX
 Tel: 020 8461 7259 Fax: 020 8466 0587 Email: parenting.courses@bromley.gov.uk


The Bromley Children Project

Date received: v2.0

Family details including significant others

FIRST NAME	LAST NAME	DOB	GENDER M/F	RELATIONSHIP e.g. Mother, Father, Child	ETHNICITY	WORK & EDUCATION (name of pre/primary/secondary school, or college, or training provider, or employer)	Who will be attending the course?

Address and
postcode

Landline

Mobile

Email

Course preference

Day ☐Evening ☐Saturday ☐

Who has parental responsibility?

First language of each parent/carer
if language is not English.
First language of each child
if language is not English.
Is an interpreter or signer required?
If yes, for whom?
Are any family members disabled?
If yes please give details.
In receipt of any Out of Work Benefits?
If yes please give details.
Limited creche spaces availableIf pre-school crèche places are required
whilst attending, list names and ages.

Please tick ALL centres you can travel to.

See overleaf for centre locations and parenting
course details.1 Biggin Hill
TN16 3TN
☐
2 Blenheim
BR6 9BH
☐
3 Burnt Ash
BR1 4QX
☐
4 Castlecombe
SE9 4AT
☐
5 Community Vision
SE20 8UX
☐
6 Cotmandene
BR5 2RB
☐
Please select
the **ONE**
parenting
course,
you are
applying for:Understanding
Anger
☐

Self Esteem

☐
New Forest
Parenting
Programme (ADHD)
☐
Pregnant To
Parent
☐
The Nurturing
Programme
Strengthening
Families,
Strengthening
Communities
☐
☐
Positive
Parenting Skills
☐
Webster Stratton
Incredible Years
☐

Referrer's Name

Organisation

Telephone

CAF? ☐

Please return this form to the street address, email address or fax number at the top of the page.

By completing this form you are giving your consent for your information to be stored in our secure database and for us to contact you regarding Bromley Children Project events and services which may be of interest to you. We will not disclose your information to third parties outside of the Bromley Children & Young People Partnership unless required by law. A copy of our Data Protection Policy is available upon request.

New Forest Parenting Programme (ADHD)

6 weeks, 2 hour sessions

For parents/carers of children aged 3 - 11 who are displaying some of the symptoms associated with having ADHD, or who already have a diagnosis of ADHD.

NFPP explores what ADHD is and supports Parent/Carer in managing their child's behaviours through proactive parenting, communication, and improving the Parent/Child relationship.

The Nurturing Programme

10 weeks, 2 hour sessions

For parents/carers of children/young people aged 0 - 16

Helping adults to look at life from their child's perspective so that feelings and behaviour can be managed more effectively.

The NP improves relationships using many positive discipline strategies and relationship skills to support the family environment.

The NP also improves emotional health and wellbeing by inviting parents/carers to consider their own needs and develops self-confidence and self-esteem, both crucial ingredients for effective parenting. The NP builds on pre-existing parenting skills.

Positive Parenting Skills

10 weeks, 2 hour sessions

For parents/carers of children aged 3 - 12

Promotes positive parenting strategies e.g. the use of praise, rewards, setting effective boundaries, awareness of role modelling and effective use of communication within families.

PPS explores parenting styles and promotes the building of self-esteem and support networks for parents/carers and children.

PPS helps to reduce aggressive and challenging behaviour in children.

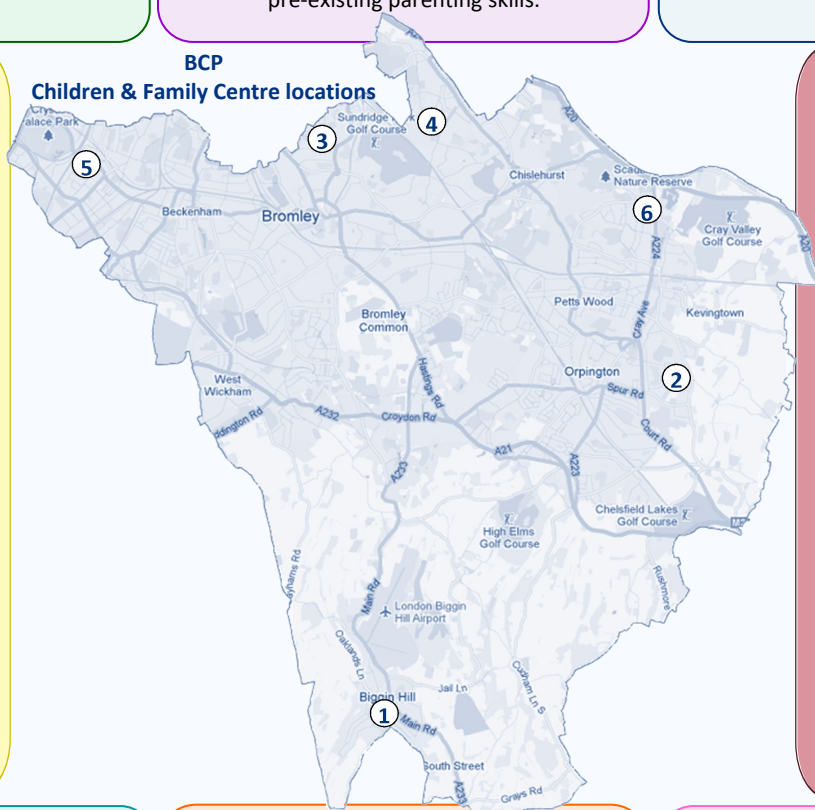
Understand Anger in the Family Unit (UAIFU)

5 weeks, 2 hour sessions

For parents/carers of all age children where anger is a feature of home life.

Helps parents/carers to recognise how anger manifests itself, how to implement rules around anger and techniques for all members of the family to express anger in an appropriate way.

BCP Children & Family Centre locations



Improving Your Family's Self Esteem (IYFSE)

5 weeks, 2 hour sessions

For parents/carers of all age children

Helps parents/carers to understand how self esteem develops, the importance of all members of the family having a healthy self esteem and how parents/carers can give their children the gift of self esteem.

Pregnant To Parent

10 weeks, 2 hour sessions

For parents to be and parents of babies under 6 months

Promotes a positive attitude to parenting babies during their first six months.

P2P increases parental knowledge about babies development and the importance of positive early relationships as a foundation for the growth of successful relationships in later life.

P2P also increases awareness of essential health and safety and the environment's impact on a baby under one year. The course emphasises the importance of providing a secure environment for babies and the role that parents play in this.

Strengthening Families, Strengthening Communities

13 weeks, 3 hour sessions

For parents/carers of children/young people aged 5 - 18

Helps parents gain the courage and commitment needed to develop positive parenting skills.

SFSC supports the protective factors associated with 'good parenting' by developing close and warm relationships between parents and children, supporting self-discipline and fostering self-esteem of children, developing strategies to manage anger. SFSC addresses sensitive social issues including domestic violence, substance misuse, and depression.

Webster Stratton Incredible Years

10 weeks, 2 hour sessions

For parents/carers of children aged 3 - 6

Encouraging families to increase positive communication with their children.

WSIY develops nurturing parenting skills and positive discipline methods through a range of strategies including: special time, praise, and limit setting.

WSIY's benefit for the children is for them to understand and manage their emotions, therefore improving their behaviour.

Courses run during term time only, from September to June, and if you do not get on the preferred course this term, you can re-apply. The majority of courses run in term time during the day, we may occasionally run courses in the evenings or Saturday mornings, subject to demand. **As a referrer, it is your responsibility to check with the Bromley Children Project, whether your referral has been offered a place.**