

Hampshire Specialist Parenting Support Service

www.barnardos.org.uk/hspss

Believe in
children



Barnardo's

Raising children can be challenging at times!

We offer a range of evidence-based parenting programmes to support parents /carers of children aged 5-17 with emotional or behavioural needs.

Does your child have a diagnosis?

Maybe one of these programmes is right for you...

**Barnardo's
Cygnet for
ASC
Programme**

**Barnardo's
Parent Factor
in ADHD
Programme**

No diagnosis? Help is still at hand!

Perhaps one of these programmes could give you the support you need...

**Family
Links
Nurturing
Programme**

**Group
Teen
Triple P**

**Family
Links
Talking
Teens
Workshops**

*Please see overleaf for
programme details.*

Call our friendly team on 01489 799178 if you would like more information or email hampshireparenting@barnardos.org.uk

Cygnets for ASC Programme

12 week programme which supports parents/carers of children diagnosed with an Autistic Spectrum Condition to:

- ❖ Develop a better understanding of ASC
- ❖ Identify strategies to help your child
- ❖ Access support and advice
- ❖ Attend extra sessions on supporting siblings and addressing puberty, sexual health and relationships

The Parent Factor in ADHD

9 week programme to support parents/carers of children diagnosed with Attention Deficit Hyperactivity Disorder to:

- ❖ Learn more about ADHD
- ❖ Identify positive parenting strategies
- ❖ Develop skills to support your child's emotional well-being
- ❖ Access support and advice from trained group facilitators, local agencies and other parents.

HSPSS is working collaboratively across the five Hampshire CCGs. If you are registered with a Hampshire GP (excluding Portsmouth and Southampton) you can **self-refer** or a **professional can make a referral** on your behalf. The referral form is

Family Links Nurturing Programme: The Parenting Puzzle

The 11-week Nurturing Programme offers positive and practical advice for families with children aged between 5 -12.

The course is based on four building blocks:

- ❖ Self awareness and self-esteem
- ❖ Appropriate expectations
- ❖ Empathy
- ❖ Positive discipline

Family Links: Talking Teens

This 5-week programme helps parents to improve relationships with their teenagers by:-

- ❖ Developing understanding of brain development during puberty
- ❖ Developing more effective communication with your teenager
- ❖ Promoting positive approaches to boundary setting and problem solving
- ❖ Opportunity to share experiences with others

Group Teen Triple P (Positive Parenting Programme)

This 8-week programme is designed to help parents/carers of teenagers to:

- ❖ Understand adolescent development
- ❖ Develop strategies to manage