



# Support for Parents and Carers in East Sussex



01424 725800

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)





# **The Parenting Team -**

## **East Sussex Family Hubs**

**If you're a parent or carer in East Sussex, we're here to help! The Parenting Team supports families with children from birth to 19 years old.**

**Our service is completely free, and we offer friendly help with no judgement, like:**

- Talking to us on the phone for advice**
- Joining online groups or webinars with other parents**
- Attending face-to-face sessions to get support in person**
- Finding help to make you feel heard and more confident in raising children**

***Being a parent is a journey,  
Let's make it a positive one!***

# **WHAT'S ON**

## **July to September 2025**

**FREE ONLINE Groups** for parents/ carers of East Sussex.  
July - September 2025

**Group Triple P- Positive Parenting  
Programme**

For parents of children aged 2-10 years

**Tuesday 9th September - 21st October  
10:00-12:00pm - 7 Sessions**

**New Forest Parenting Programme**  
Helping parents/carers to help children  
aged 3-11 years with ADHD

**Tuesday 9th September - 4th November  
6:30 - 8:30pm - 8 Sessions  
(does not run in half term)**

FOR MORE INFO ON  
OUR GROUPS  
SEE PAGES 7 to 16

To book or ask a question, email -  
EH010parentingteam@eastsussex.gov.uk

**FREE ONLINE Groups** for parents/ carers of East Sussex.  
July - September 2025

**National Autistic Society EarlyBird Plus**

For parents/carers with children aged 4-9 years who are diagnosed with Autism or on the pathway to diagnosis.

**Thursday 11th September - 6th November**  
**12:00 -2:30pm - 8 Sessions**  
**(does not run in half term)**

**Calmer Co-Parenting**

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime.  
Interactive, easy-to-use online program with videos, activities and downloadable resources.  
Supported by an East Sussex Parenting Practitioner

FOR MORE INFO ON  
OUR GROUPS  
SEE PAGES 7 to 16

To book or ask a question, email -



# FREE ONLINE Webinars for parents/ carers of East Sussex.

## July-September 2025

### **Managing Anxiety and Raising Resilient Children (2-12 yrs)**

Support your child and their self-esteem.

- Tues 1st July 10:00am -12:00pm
- Tues 5th Aug 6:30pm-8:30pm
- Wed 10th Sept 12:30pm - 2:30pm

### **The Power of Positive Parenting (2-10 yrs)**

Intro into effective ways to build yours and your child's relationship.

- Wed 9th July 10:00am -12:00pm
- Tues 9th Sept 12:30pm - 2:30pm

### **Learning about Neurodivergent Children (2-19yrs)**

Intro into Neurodivergence and how to support your child.

- Tues 8th July 12:30pm - 2:30pm
- Wed 17th Sept 6:30pm-8:30pm

## FREE ONLINE **Webinars** for parents/ carers of East Sussex.

July-September 2025

### **Encouraging Positive Choices and Managing Conflict (2-12yrs)**

Build a strong bond through effective communication.

- Tues 15th July 10:00am - 12:00pm
- Wed 13th Aug 6:30pm - 8:30pm
- Thurs 18th Sept 10:00am - 12:00pm

### **Understanding your teenager (10-19 yrs)**

What's going on in our teens brains, how we can have better communication.

- Thurs 17th July 10:00am -12:00pm
- Tues 19th Aug 6:30pm-8:30pm
- Thurs 11th Sept 10:00am - 12:00pm

### **Online Safety in a Digital World & Importance of Play**

COMING SOON! Pre-recorded webinars that you can watch any time.

Waitlist now open!



# Explore Our Group Sessions

If you want to join a group but can't come on the next dates, or the group you want isn't listed in this guide, please let us know. We can add your name to our waiting list for the next time the group is on.

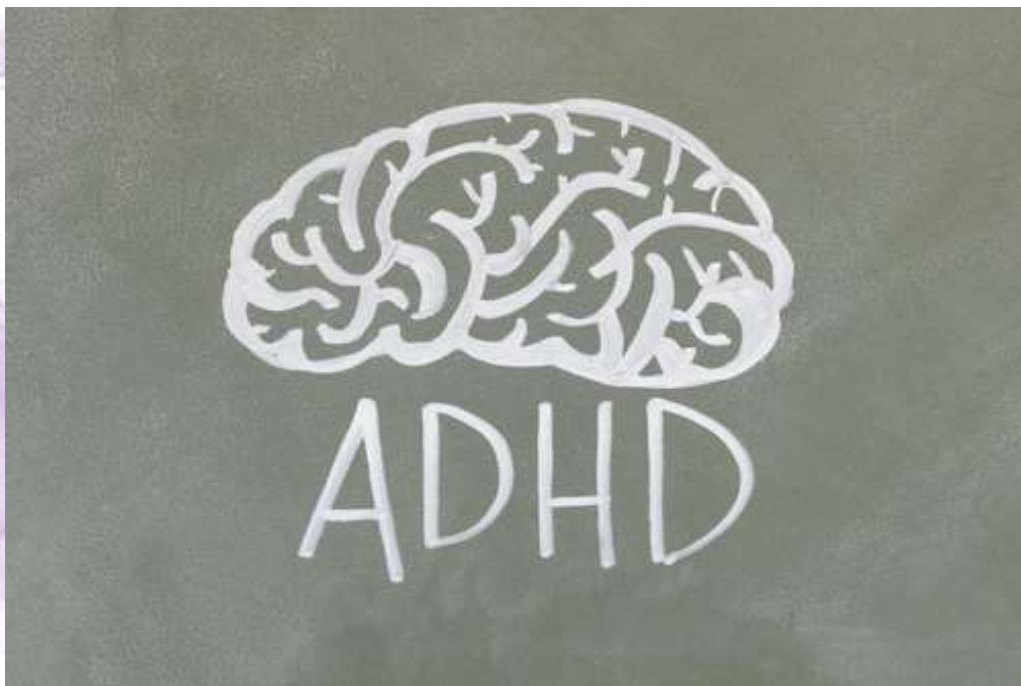


# New Forest Parenting Programme

This program helps families understand how amazing and unique children with ADHD are.

It shares fun and helpful ideas to support them as they grow and learn in their own way.

Meet other parents and carers, share stories and ideas. Together, learn how to help support your children and feel confident.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# EarlyBird PLUS

For parents and carers with children aged 4-9. This program helps parents learn more about autism and how it can shape the way their child thinks, learns, and sees the world.

It gives parents and carers helpful ideas and tools to better understand their child's needs, whether they are waiting for a diagnosis or already have one. Helping everyone work together to support the child, so they can feel more confident and happy.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Calmer Co-Parenting

For separated parents and carers who don't live together.

This is an online program parents can do anytime and anywhere. It's easy to use and includes videos, fun activities, and things you can download.

A member of the parenting team can support you. Both parents and other family members can do the program if they wish to.

- Communicate more clearly and calmly
- Find helpful ways to handle everyday challenges
- Grow confidence in parenting
- Support their child with big emotions and healthy coping skills

There are five parts to the program. Each one takes about an hour or less to finish.

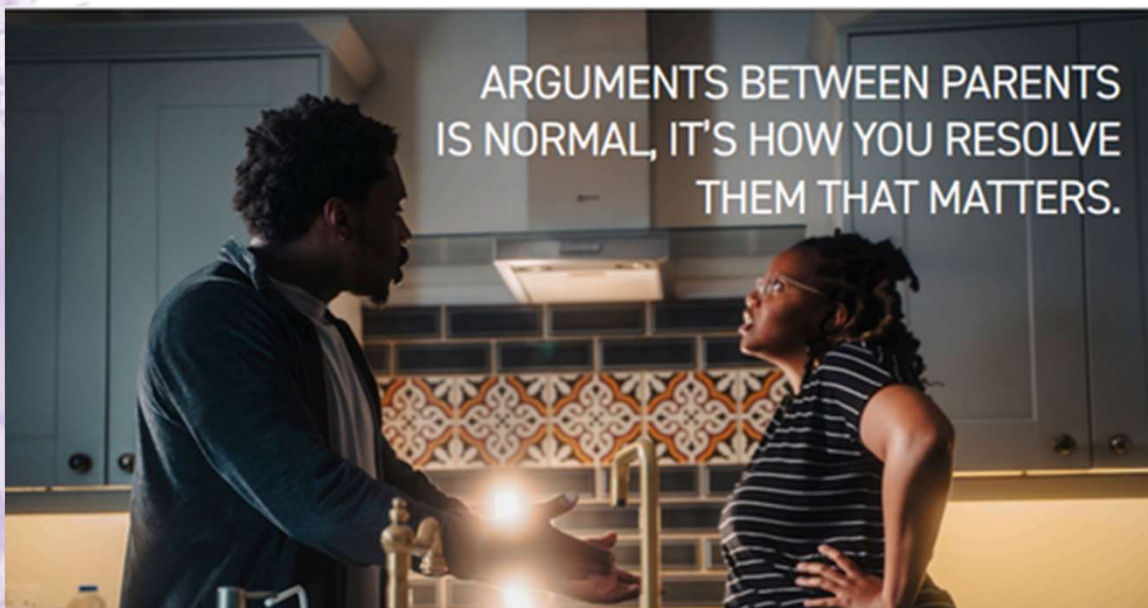
To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)





# Harmony at Home

This course is for parents or carers who are in a relationship but aren't getting along. It helps when there's lots of arguing or when talking feels hard. It's normal to disagree sometimes, even in healthy relationships. What's important is how you deal with it. This course teaches you how to listen, understand each other, and make things better after a fight. You'll learn easy steps to help stop arguments from getting worse and to talk in a kinder, more helpful way next time.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Group Triple P

For parents and carers who have children aged 2-10

This program helps parents feel more confident as their child grows. It shares tips to support good behaviour, stay calm, and build a strong bond.

- Handle tricky behaviour
- Help with big feelings
- Create a happy home
- Choose what works best for their family

It's all about making family life easier  
and more positive!



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Teen Life

Teen Life is for parents and carers of autistic young people aged 10 to 16.

It helps them learn more about autism in pre-teens and teens. Parents can share stories and ideas in a friendly, supportive group.

The program also shows what autistic teens often think and feel, using videos and quotes to help parents understand their child better.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# STOP

STOP is for Parents and carers of  
children aged 10–16.

It covers common teen challenges, including:

- Teen brain and behaviour
- Tricky topics (e.g. drinking, friends)
- Power struggles and fair rules
- Praise, listening, and encouragement
- Staying calm in arguments
- Supporting emotions
- Building better relationships
- Reducing stress and conflict



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Fear-Less

This program is for parents and carers of children aged 4–16 who feel very anxious. It helps when the anxiety is making life hard for the child or family. It teaches adults what anxiety is and how it affects children. They'll learn how to help kids feel stronger and braver, how to talk and listen to them, and how to solve problems together. It also shows what to do when children avoid things because they're scared, and how to respond in a calm and helpful way.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Solihull

## Understanding Your Baby

This group is for families with babies up to 6 months old. It helps parents understand their baby's feelings, brain growth, and why babies cry. You'll learn about the development of sleeping, feeding, playing, and how babies grow and change. It also helps you get ready for the future and think about things like childcare.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# Explore Our Webinars

If you want to join a webinar but can't come on the next dates, please let us know. We can add your name to our waiting list.



# The Power of Positive Parenting

This webinar is great for new parents or anyone who wants a reminder. It's for parents of children aged 2 to 10 and teaches about positive parenting. You'll learn five main ideas: keeping your child safe, helping them learn new things, using calm and clear rules, having fair expectations, and taking care of yourself too.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# Encouraging Positive Choices and Managing Conflict

Are you finding it hard when your child has tantrums, doesn't listen, fights with siblings, or runs off? This online session is here to help parents and carers of children aged 2 to 10. It will give you simple ways to understand and manage your child's behaviour. You'll learn how to talk with your child so they listen, how to set clear and kind rules, how to stop problems from getting worse, and how to solve problems together.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# Managing Anxiety and Raising Resilient Children

This webinar is for parents and carers to help them understand anxiety and how to support their child. They will learn what anxiety is, how the body reacts to it and how to help their child think in a more realistic way. The session will also talk about how anxiety is normal, how to face fears instead of avoiding them, how to use rewards to encourage brave behavior, and how to use “worry time” to talk about feelings.

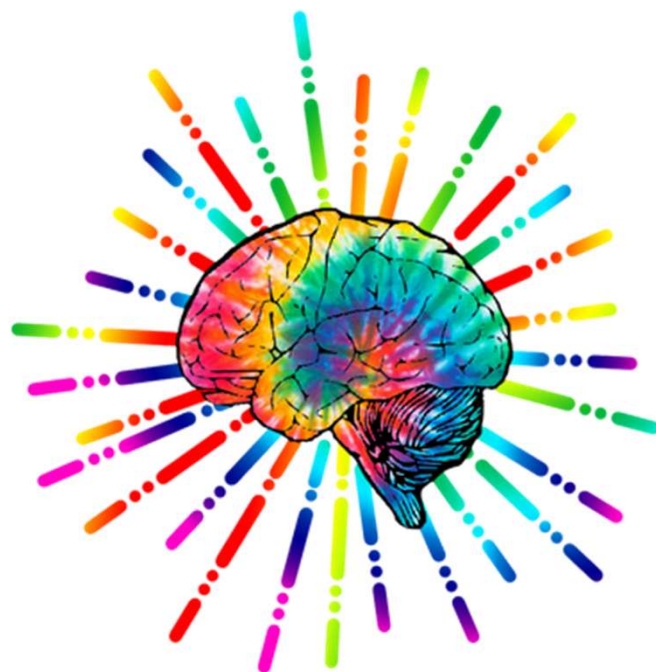


To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Learning About Neurodivergent Children

This webinar helps parents and carers learn about how brains can work in different ways. It will explain what neurodivergence is and share ideas on how to help and support children who think and feel differently. Parents will learn about different types of neurodivergence. The session also covers the difference between tantrums and meltdowns, and ways to comfort and help their child. It will give tips and strategies for support and share other Parenting Team programs that can offer further information.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# Understanding your Teen

This webinar helps parents and carers understand teenagers better. It talks about how the teenage brain changes, how emotions can feel like an “emotional tug of war,” and how teens and toddlers can sometimes act in similar ways. Parents will learn different parenting styles, ways to connect with their teen, and how using kindness, praise, and rewards can help. It also teaches how spending special time together and empathy can make a big difference.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# Online Safety in a Digital World

This webinar, for parents of children aged 2–19, helps you understand the online world kids live in. It covers safety, screen time, cyber bullying, and how to talk and plan ahead. A pre-recorded version will be available soon to watch anytime.

Please contact us to be added to the waitlist.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

# Importance of Play

Let's talk about play! Play helps kids learn and grow. It builds thinking, moving, sharing, and creating skills. This webinar shows parents and carers fun ways to play that boost confidence, curiosity, and independence. Play and learning go together! A recorded version will be available soon to watch anytime.

Please contact us to be added to the waitlist.



To book or ask a question, email -  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



# The Parenting Team

**Being a parent is  
a journey...**

**Let's make it a  
positive one!**



For more information  
about our free courses,  
groups webinars and  
events.

Scan the QR code

