



# Support for

# Parents and Carers

in East Sussex

July - September 2026



01424 725800

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

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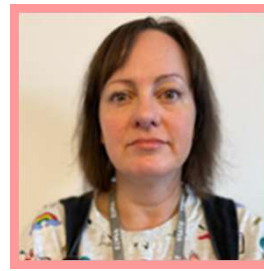
# Meet The Team



**Gemma**



**Ann-Marie**



**Sara**



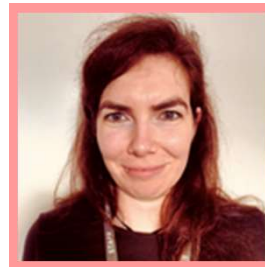
**Sophi**

**h**

**e**



**Carly**



**Helen**



**Caroline**

**If you're a parent or carer in East Sussex, we are 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, such as:**

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

# **Webinars**

## **July - September 2026**

**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.**

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

# Becoming a Positive Parent

**Want to make small changes that have  
a big difference?**

This online session is here to help parents and  
carers of children aged 2 to 10.

In this session you'll learn 5 simple strategies  
for calmer family life.

keeping your child safe, helping them learn new  
things, using calm and clear rules, having fair  
expectations, and taking care of yourself too.



**Wednesday 8th July  
12:30 - 14:30 pm**

**Thursday 10th September  
10:00 - 12:00 pm**

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

# Triggers, Tantrums and Teaching Moments

**Want to stay calm when your child isn't?**

This online session is here to help parents and carers of children aged 2 to 10.

Learn what drives behaviour and better ways to respond.

Learn ways to talk with your child so they listen, how to set clear boundaries, how to stop problems from getting worse, and how to solve things together.



**Thursday 2nd July**  
**10:00 - 12:00 pm**

**Wednesday 9th September**  
**12:30 - 14:30 pm**

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

# Managing Anxiety and Avoidance in Children

**Want to understand the signs of anxiety and what to look out for?**

This online session is here to help parents and carers of children aged 2 to 10.

This session explores what anxiety is, how the body reacts to it and how to help your child think in a more realistic way. In this session learn tools to build calm, confidence and resilience in your child.



**Tuesday 7th July**  
**10:00 - 12:00 pm**

**Tuesday 15th September**  
**12:30 - 14:30 pm**

To book or ask a question, email -  
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# Learning About Neurodivergent Children

**Want to know what neurodivergence actually means and how it impacts behaviour?**

This online session is here to help parents and carers of children aged 2 to 19.

Learn practical strategies that can make a difference to your child's needs.

We'll explore what neurodivergence is, the different types, how tantrums differ from meltdowns, and ways to help your child when they feel overwhelmed.



**Wednesday 15th July**  
**10:00 - 12:00 pm**

**Wednesday 16th September**  
**12:30 - 14:30 pm**

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

# **NEW! Being a Neurodivergent Parent**

**Your brain. Your parenting. Your way.**

This 2 hour online session is for parents and carers who are neurodivergent (diagnosis not needed)

Join us to celebrate neurodivergent parenting and the insight, creativity, and care it brings. We'll talk honestly about challenges, honour individual needs, and share supportive approaches that work with your nervous system, not against it.



**Thursday 9th July  
10:00 - 12:00 pm**

**Monday 14th September  
12:30 - 14:30 pm**

To book or ask a question, email -  
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# Understanding Teen Behaviour

**Want to keep your cool in the chaos?**

This online session is here to help parents and carers of teenagers aged 10 to 19.

Gain the tools to help you stay calm,  
consistent and connected

In this session we look at how our teenagers brains change and develop and how that has a huge impact on their behaviour.



**Wednesday 15th July  
12:30 - 14:30 pm**

**Monday 21st September  
10:00 - 12:00 pm**

To book or ask a question, email -  
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# Responding to Teen Emotions

**Want to understand what drives teen emotions, choices and challenges?**

This online session is here to help parents and carers of teenagers aged 10 to 19.

Learn how the teen brain impacts mood swings, meltdowns and your role in calming the storm. In this session we look at different ways to connect with your teens, and how using kindness, praise, and rewards can help.



**Thursday 16th July**  
**10:00 - 12:00 pm**

**Tuesday 29th September**  
**12:30 - 14:30 pm**

To book or ask a question, email -  
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# School Transition

## Moving to Secondary School

**Want to support your child with the move to secondary school?**

This online session is here to help parents and carers of children starting secondary school in September 2026

A practical webinar for parents and carers to help support their child's transition to secondary school, covering emotional wellbeing, resilience, routines, and key skills for success.



**Wednesday 5th August**  
**19:00 - 20:30pm**

To book or ask a question, email -  
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# **School Transition**

## **Emotional readiness for starting school**

**Want to help your child become emotionally ready for Primary School?**

This online session is here to help parents and carers of children starting school in September 2026

Starting school is a big step. Join this webinar for practical tips to help your child build confidence, manage worries, and feel emotionally ready for a positive start to school.



**Wednesday 12th August**  
**19:00 - 20:30pm**

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

# **POWER HOUR**

## **An Insight into Anxiety**

**Knowledge is power!**

**A shorter online bitesize session of  
learning and information**

- Learn about childhood anxiety
- Meet other parent/carers
- Join an optional Q&A at the end

**Cameras & mics optional,  
just watch and listen if you prefer!**



**Tuesday 11th August  
19:00 - 20:00 pm**

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

# POWER HOUR

## The Teenage Brain

**Knowledge is power!**

**A shorter online bitesize session of  
learning and information**

- Meet other parent/carers
- Learn about the adolescent brain
- Join an optional Q&A at the end

**Cameras & mics optional,  
just watch and listen if you prefer!**



**Thursday 27th August  
19:00 - 20:00 pm**

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

# Pre-recorded Webinars

A pre-recorded version is now available to watch anytime, scan the QR code below.

## Everyday Ways to Play

**Want to bring more fun and connection into your child's day?**

Learn why play is important and quick easy ways to make every day more playful.

## Supporting Big Emotions Before School Starts

**Help your child feel calm and ready for school!**

Understand and support your child's feelings about starting school. Learn simple ways to build confidence and ease worries.



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# Pre-recorded Webinars

A pre-recorded version is now available to watch anytime, scan the QR code below.

## Online Safety in a digital world

**Want to keep your child safe online?**

Learn how to discuss online safety with your child or teen and how to keep their devices and activity safe.

A pre-recorded version is now available to watch anytime, scan the QR code below.



To book or ask a question, email -  
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# Groups

## July - September 2026

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.

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

# Parenting Children With Anxiety 4 +

**Want to support your child through  
their worry and fear?**

This **online** group is here to help parents and carers  
of children aged 4+ who feel very anxious.

Learn strategies to support your child's emotional  
resilience. A more in depth look at anxiety and how it  
affects young people. Helping them to feel stronger  
and braver, tackling fears and worries together.



**Wednesday 16th  
September to  
11th November**

**weekly sessions  
10:00-12:00 pm**

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

# **NEW! EarlyBird**

**(National Autistic Society)**

**Want to build a better understanding of your early years autistic child?**

This **online** group is here to help parents and carers of **children aged 2 to 4** with autism or on the diagnostic pathway.

Learn how to make sense of your autistic child's communication, behaviour and sensory needs. Helping everyone work together to support your child, so they can feel more confident and happy.



**Wednesday 16th  
September to  
11th November**

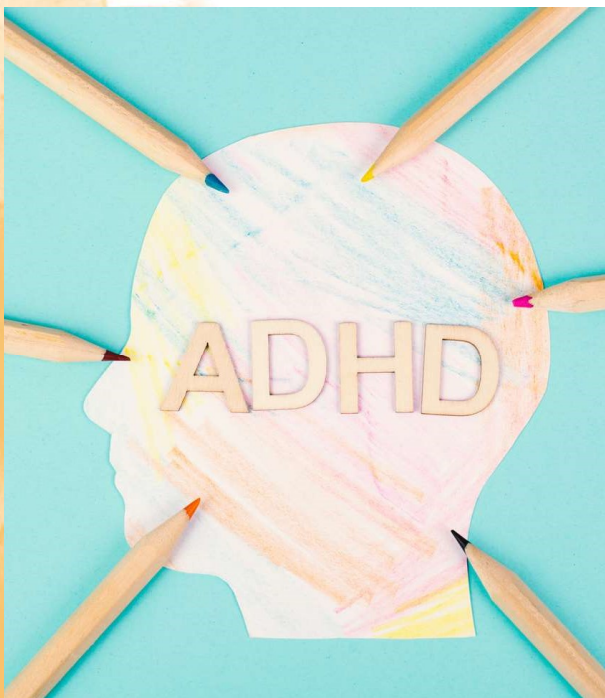
**weekly sessions  
10:00-12:00 pm**

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

# Parenting Children with ADHD 4+

**Want to support your ADHD child's regulation  
and attention?**

This is an **online** group for parents and carers of children aged 4 to 11 who are exploring or living with an ADHD diagnosis. Understand how amazing and unique children with ADHD are. Learn how to go from frustration to connection; with strategies to support.



**Thursday 24th  
September to 19th  
November**

**weekly sessions  
10:00-12:00 pm**

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

# Calmer Co-Parenting

**Want calmer communication and less stress as a co-parent?**

This is for Parents and carers who are separated or divorced

Your former partner and other family members can complete the programme too.

**This is an online programme you can do at your own speed with a parenting practitioner to support as you work through the content.**

Learn how to create structure, boundaries and respect across two homes. Because children thrive when adults communicate effectively.



To book or ask a question, email -  
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# **COMING SOON!**

## **Join our waitlist...**

**We run a range of groups that change every 3 months. Please look through the next few pages to see what else we offer.**

**If there's a group you're interested in that isn't running from July to September, email us and we'll add you to the waitlist and let you know when the next group starts.**

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

# Teen Life 10+

(National Autistic Society)

**Want to navigate adolescence with  
your autistic teen?**

This group is here to help parents and carers of  
young autistic people aged 10-16.

Learn to make sense of your autistic teens behaviour  
and needs, with practical tools and ideas to help.



To book or ask a question, email -  
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# Positive Parenting Programme 2-12

**Want some practical support for every day  
parenting challenges?**

This group is here to help parents and carers of  
children aged 2 to 12.

Learn how to build stronger routines and  
relationships for positive behaviour.

This group can support parents and carers to  
feel more confident as their child grows.



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# Harmony at Home

**Want to improve your communication as a couple and have a calmer household?**

This group is to support Parents and carers in couples.

In this group learn how to improve teamwork, reduce conflict and put your children at the heart of your communication.



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# Supporting Parents of Teenagers 10+

**Want to navigate explosive emotions and go from  
conflict to calm?**

This group is here to help parents and carers of  
teenagers aged 10 to 19.

Learn strategies for tricky teen moments - the closest  
thing to a manual for raising teens. Understand the  
teenage brain, why emotions run high, and gain  
practical tools.



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# EarlyBird Plus 4 +

(National Autistic Society)

**Want to build a better understanding of your autistic child?**

This group is here to help parents and carers of **children aged 4 to 9** with autism or on the diagnostic pathway.

Learn how to make sense of your autistic child's communication, behaviour and sensory needs. Helping everyone work together to support your child, so they can feel more confident and happy.



To book or ask a question, email -  
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# Drop Ins

**Come and have a chat with one of the team about anything about parenting or family life.**

## Lewes and Havens

Lewes Family Hub  
10-11:30am

3rd July

Joff Youth Hub  
9:30-11:30am

24th July  
25th Sept

## Rother

Sidley Family Hub  
10-11:30am

24th July  
28th Aug  
18th Sept

Rye Hub on the Hill  
9:30-11:00am

17th July  
14th Aug  
25th Sept

Ticehurst Village Hall  
10-11:30am

15th Sept

## High Weald

Uckfield Family Hub  
10-11:30am

10th July  
11th Sept

Heathfield Youth Hub  
1-3pm

23rd July  
24th Sept

# Drop Ins

## Hastings and St Leonards

Hastings Town Family Hub  
10-12pm

13th July

## Eastbourne and Hailsham

Shinewater Family Hub  
9-12pm

3rd July  
7th Aug  
4th Sept

Hailsham Family Hub  
9-12pm

6th July  
10th Aug  
14th Sept

Devonshire Family Hub  
12:30-3:30pm

6th July  
10th Aug  
14th Sept

Archery Youth Hub  
9-11am

10th July  
14th Aug  
11th Sept

**NEW!**

## **Virtual Drop Ins**

Email us to book a 30 min slot to chat to one of the team!

**Tues 14th July - 12-2pm**  
**Wed 19th Aug - 6:30-8:30pm**  
**Fri 18th Sept - 10-12pm**

30

FREE **Groups** for parents/ carers of East Sussex.  
July- September 2026  
**No sessions run in half term**

## NEW EarlyBird 2-4yrs

### **(National Autistic Society)**

learn how to make sense of your autistic child's communication, behaviour and sensory needs

**Wed 16th Sept- 11th Nov**

10:00-12:00pm

## Parenting Children with

### Anxiety 4+

learn strategies to support your child's emotional resilience

**Wed 16th Sept- 11th Nov**

10:00-12:00pm

## Parenting children with

### ADHD 4+

learn how to go from frustration to connection; strategies to support you and your child to cope

**Thurs 24th Sept - 19th Nov**

10:00-12:00pm

## Calmer Co

### Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime. Supported by a Parenting Practitioner



For more information about our free courses, groups, webinars and events  
Scan the QR code

To book or ask a question, email  
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FREE ONLINE webinars for parents/ carers of East Sussex.  
July- September 2026

## Managing Anxiety and Avoidance in Children (2-12 yrs)

Want to understand the signs of anxiety and what to look out for?

- Tues 7th July 10:00 - 12:00pm
- Tues 15th Sept 12:30 - 2:30pm

## Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 8th July 12:30 - 14:30pm
- Thurs 10th Sept 10:00 - 12:00pm

## Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 2nd July 10:00 - 12:00pm
- Wed 9th Sept 12:30 - 2:30pm

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

Want to know what neurodivergence actually means and how it impacts behaviour?

- Wed 15th July 10:00 - 12:00pm
- Wed 16th Sept 12:30 - 14:30pm

## Responding to Teen Emotions (10-19 yrs)

Want to understand what drives teen emotions, choices and challenges?

- Thurs 16th July 10:00 - 12:00pm
- Tues 29th Sept 12:30 - 14:30pm

## Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Wed 15th July 12:30 - 14:30pm
- Mon 21st Sept 10:00-12:00pm



**For more information about our free courses, groups webinars and events. Scan the QR code**

### NEW!

## Being a Neurodivergent Parent

Your brain. Your parenting. Your way.

- Thurs 9th July 10:00 - 12:00pm
- Mon 14th Sept 12:30 - 14:30pm

To book or ask a question, email  
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## Quick Guide- Webinars

### **School Transition**

#### **Moving to secondary school**

Want to understand what drives teen emotions, choices and challenges?

- Wed 5th August 19:00 - 20:30pm

### **School Transition**

#### **Emotional readiness for primary school**

Want to understand what drives teen emotions, choices and challenges?

- Wed 12th August 19:00 - 20:30pm

## Power Hours

A shorter online bitesize session of learning and information

From July- September 2026

### **An Insight into Anxiety**

A shorter online bitesize session of learning and information

Tues 11th August  
19:00 - 20:00 pm

### **The Teenage Brain**

A shorter online bitesize session of learning and information

Thurs 27th August  
19:00 - 20:00 pm

### Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



**To book or ask a question, email**  
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# Frequently Asked Questions

## Which course or webinar is right for me?

We run different groups and webinars for different ages and needs.

Some focus on behaviour and routines, others help with big feelings, teen challenges, or children with additional needs. Tell us what you need help with, and we can guide you to the best one.

## How long will I have to wait to start?

Waiting times can be different for each course.

We always try to offer you the soonest space we have. If the group you want is full, we might offer a different course or a webinar so you don't have to wait too long.

## What if I need more help than a webinar?

Webinars are a good start, but some families need more time and more support. If a webinar doesn't feel enough, please talk to us.

We can help you find another programme or extra support.

Don't forget we also have our drop ins at the family hubs where you can come and have 1-1 support.



**FAMILY HUB**  
E A S T S U S S E X



# **Family First Consultation Advice Line**

If you'd like advice, guidance or support around any challenges your family is facing, you can contact the East Sussex Family Advice Line.

**Call: 01323 464655**

Opening hours:

Monday to Thursday: 8:30am - 5:00pm

Friday: 8:30am - 4:30pm



# The Parenting Team

Being a parent is  
a journey...

Let's make it a  
positive one!



For more information  
about our free groups,  
webinars and events.  
Scan the QR code