

## Cygnets Parenting Programme

**Who is it for?** - parents and carers of young people with a diagnosis of Autism Spectrum Condition.

**Age of children:** 7-18 years old

**Topics include:** autism and diagnosis, communication, sensory issues, understanding behaviour and managing behaviour.

**Duration:** delivered over 7 weeks, one day a week for 2.5 - 3 hours

**Contact:** [Amy.Mion@ggc.scot.nhs.uk](mailto:Amy.Mion@ggc.scot.nhs.uk)

East Renfrewshire Autism Assessment Team, Barrhead Health and Care Centre, 213 Main Street, Barrhead, G78 1SW.

**Call :** 0141 800 7117

*“Hearing feedback from other parents on their child’s strengths and struggles. Knowing that your child does the same things makes it easier to talk about and understand.”*

## Income maximisation for families

**Who is it for?** - parents and carers living in East Renfrewshire looking for advice about managing money and reducing debt.

**Age of children:** pre-birth to 18

**Topics include:** assistance with all aspects of benefits applications and appeals as well as advice about managing your money and reducing debt

**Contact:** [mart@eastrenfrewshire.gov.uk](mailto:mart@eastrenfrewshire.gov.uk)

**Call:** 0141 577 8420



# Parenting made easiER



In East Renfrewshire we know that balancing the various demands families have to cope with isn't easy and all parents can come under pressure or stress from time to time.

If you are a parent or carer, and you would like some support with any aspect of parenting we hope that you can use the information in this leaflet to find the help that is right for you.

These groups run at different locations at different times of year, to find out more details call or email using the contact details provided.

## Family Nurse Partnership

**Who is it for?** - young mums 19 and under having their first baby.

**Age of children:** Pregnancy to age 2

**Topics include:** Understanding pregnancy, caring for yourself and your baby

**Email:** [gg-uhb.FamilyNursePartnership@nhs.net](mailto:gg-uhb.FamilyNursePartnership@nhs.net)  
or [anne.burns3@ggc.scot.nhs.uk](mailto:anne.burns3@ggc.scot.nhs.uk)

**Call:** 0141 207 7448

*“No-one tells you how to be a good parent. My family nurse is a bit like a Parenting Manual that you can refer to any time”*

## Hanen More Than Words

**Who is it for?** - Parents/ Carers of children who are on East Renfrewshire Speech and Language Therapy case-load who are presenting with traits of ASD (may or may not have a diagnosis).

**Age of children:** typically 3-5 years old

**Topics include:** communication and sensory issues - understanding and managing behaviour, using visuals and setting communication goals for your child.

**Duration:** 7 x 2 hour sessions delivered fortnightly

**Contact:** [Amy.Mion@ggc.scot.nhs.uk](mailto:Amy.Mion@ggc.scot.nhs.uk)

Speech and Language Therapy Department,  
Barrhead Health and Care Centre, 213 Main Street,  
Barrhead, G78 1SW.

**Call :** 0141 800 7117

*“Meeting with other parents has been helpful, I now feel less isolated and know what to do to support my child’s communication”*

## Mellow Ability

**Who is it for?** - Parents of children with significant additional support needs

**Age of children:** 4-7 year olds who have or are about to begin their transition to primary school

**Topics include:** communication, nurture, sensory needs and accessing services. Children are actively involved in the sessions allowing parents to develop and practice skills in a safe environment.

**Duration:** 14 week programme new from August 2017

**Email:** [ps@eastrenfrewshire.gov.uk](mailto:ps@eastrenfrewshire.gov.uk)

**Call:** 0141 577 8510





## Psychology of Parenting Programme

**Who is it for?** - parents who are starting to think they would like some help with their child's behaviour, living in East Renfrewshire.

**Age of children:** 3-6 years old

**Topics include:** looking after yourself as a parent, building strong relationships for each parent and child, trying out different behaviour techniques, special ways of dealing with more difficult behaviour through play.

**Duration:** 8 or 14 week programme

**Email:** [PoPP@eastrenfrewshire.gov.uk](mailto:PoPP@eastrenfrewshire.gov.uk) or ask your health visitor, nursery or school about the programme.



*"It was good to know that I wasn't the only one having difficulty"*



## Baby Love

**Who is it for?** - Mums and dads under 25 years old, living in East Renfrewshire.

**Age of children:** birth to 12 months

**Topics include:** Weaning, benefits of play, developmental milestones, child health, pamper time for parents

**Email:** [Pamela.mcculley@eastrenfrewshire.gov.uk](mailto:Pamela.mcculley@eastrenfrewshire.gov.uk) or [Susan.craynor@eastrenfrewshire.gov.uk](mailto:Susan.craynor@eastrenfrewshire.gov.uk)

**Call:** 0141 577 3740

*"My baby and I have made friends for life. We have learnt so much and I feel a much more confident being encouraged to be the best mum I can be"*

## Little Bumps

**Who is it for?** - Expectant parents under 25 living in East Renfrewshire and their birthing partners.

**Age of children:** Parents and birthing partners are invited to attend from 16 weeks in to their pregnancy and can come along until their baby is 6 weeks old.

**Topics include:** Tailor made support for your pregnancy, learning about becoming a new parent and lots of practical parenting skills in a very laid back environment.

**Email:** [Pamela.mcculley@eastrenfrewshire.gov.uk](mailto:Pamela.mcculley@eastrenfrewshire.gov.uk) or [Susan.craynor@eastrenfrewshire.gov.uk](mailto:Susan.craynor@eastrenfrewshire.gov.uk)

**Call:** 0141 577 3740

*"I would recommend the group to anyone that is pregnant. I felt so supported and it was somewhere that always made me feel really positive about becoming a mum."*

## Mellow Bumps

**Who is it for?** - ante-natal group for vulnerable mothers to be, living in East Renfrewshire.

**Age of children:** Mums to be are offered Mellow Bumps from 20 weeks of pregnancy

**Topics include:** Emotional health, reducing stress, how to support your baby's social and emotional development.

**Duration:** 6 week programme

**Email:** [IFST@eastrenfrewshire.gov.uk](mailto:IFST@eastrenfrewshire.gov.uk)

**Call:** 0141 577 8300

*"I got a lot more confidence and met new people and learned new things"*

## Health Visiting Service

**Who is it for?** – all parents and children

**Age of children:** from birth to 5

**Topics include:** Any area of parenting, including one to one Triple P programme

**Duration:** Tailored to meet needs of parents

**Call:** Your own Health Visitor

*"Triple P is like a sat nav for kids, since participating in the programme I feel Triple P has taught me a new language that has allowed me to communicate with my child and manage behaviours."*

## Baby Cafe

**Who is it for?** - Mums or mums-to-be who are interested in breastfeeding, looking for more information or support, or want to meet other breastfeeding mums.

**Age of children:** from birth onwards

**Topics include:** all aspects of breastfeeding

**Duration:** 2 hours (drop-in)

**Email:** [BarrheadBabyCafe@eastrenfrewshire.gov.uk](mailto:BarrheadBabyCafe@eastrenfrewshire.gov.uk)

**Facebook:** Barrhead BabyCafe

*"Just knowing other mums have had similar issues helped me carry on another week"*

## Mellow Babies/Toddlers

**Who is it for?** - parents looking for support with their own personal challenges and the challenges they face with their children.

**Age of children:** from birth to 3 years

**Topics include:** reflecting on your own life experiences, wellbeing and parenting followed by fun activities for parents and children to build and strengthen their relationship.

**Duration:** 14 week programme

**Email:** [IFST@eastrenfrewshire.gov.uk](mailto:IFST@eastrenfrewshire.gov.uk)

**Call:** 0141 577 8300

*"I learned a lot about child development and definitely enjoyed my wee daughter's different learning stages more"*