



LOCAL AUTHORITY PARENTING OFFER 2025



Bury
Council

INTRODUCTION

In Bury we are committed to ensure that every child has the best start in life, and to support children through the many challenges and changes they experience, to enable them to become the most successful adults they can be. In Bury we know evidentially that confident and effective parenting has a significant impact on a child's health and wellbeing throughout their whole life. If we all get parenting right for children, we know that they will go on to be better parents themselves.

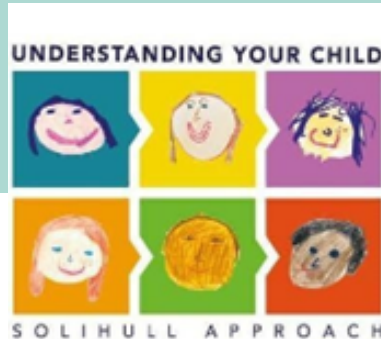
Why Parenting Matters?

It is well documented that the love and nurturing a child receives as they grow, directly impacts on that child's health and sense of well-being starting from conception and birth through the early years all the way to adulthood. Parents' ability to provide a positive role model and a safe and loving home environment is key to helping children thrive and to gain the skills and experience they need to withstand the challenges of life both as children and adults. Effective parenting builds better futures for our children and will have a long-term benefit for children and communities. Parenting matters because it defines how healthy, happy, and successful our children are but also impacts the communities they live in.

Children don't come with an instruction manual so when it comes to parenting, how do we know what's best and what works? In Bury we believe that every parent matters and recognise that bringing up children is one of the hardest jobs in the world. Parents do a fantastic job, but there are times when some extra support may be needed. As part of the support available to parents in Bury we offer the following courses to help.



SOLIHULL PARENTING APPROACH



What is the Solihull Parenting Programme?

Solihull Approach is a 10-week parenting group for parents with children from universal to complex needs and aged 0-18 years.

The programme will help you deal more effectively with your child's behaviour and provide support and guidance. It is about supporting children's emotional health and wellbeing with a focus on relationships and nurturing connected, sensitive and responsive interactions from those caring for them. Parents and carers will also learn about brain development to help them better understand behaviour, communication and emotional health.

Who is it suitable for?

Any parent, grandparent, or carer who is involved in parenting and caring for children, and want to understand more about their child, their brain development, and the importance of relationships.

What can I / families expect from attending each week?

Our Solihull parenting programme is run over 10 weeks, the sessions are 2 hours long and will include topics such as:

- understanding your child's developmental needs
- learning about brain development and thought processes
- understanding and responding to your child's feelings
- understanding your own feelings & supporting your own wellbeing
- understanding communication in your relationship with your child
- learning about different parenting styles
- learning about routines, boundaries, and the importance of sleep

How can I access any of the Solihull parenting courses?

If you are being supported by a lead professional, family help practitioner or social worker, they can make the referral on your behalf.

[Solihull Referral](#)

WHO'S IN CHARGE?



What is the Who's in Charge? (WIC?) Parenting Programme?

Who's in Charge? is a 9-week child to parent violence (CPV) programme aimed at parents / carers whose children are being abusive or violent toward them or who appear out of parental control.

Who is it suitable for?

Parents and carers of children aged 8 upwards, who are experiencing child to parent abuse or violence, or where there are high levels of violence between two or more of the children within the home (sibling to sibling abuse / violence).

What can I / families expect from attending?

- A supportive environment to share experiences and ideas
- Empowerment, and support to reduce the blame, guilt and shame that parents may feel
- The offer of ideas to help you develop individual strategies for managing your child's behaviour
- Exploration into ways of increasing safety and well-being
- Increased support, and a reduction in feeling isolated.
- Help to feel more in control and less stressed

Sessions include topics such as:

- 'Causes' or influences of violence and / or abusive behaviour
- What is abuse? How do we influence / control / have power over our children?
- What do you do for your child, and what can you control in your child's life?
- Consequences and parenting styles
- What buttons your children press with you? Stress and anger
- Assertiveness. How to use 'I' statements
- Self care - what do we do for ourselves? Strengths and goal setting

How long is the programme?

We run both virtual and face-to-face sessions which consist of 8 sessions with a follow up session two months after the main programme has finished.

Virtual sessions are 2 hours long and are limited to 8 participants. In person sessions are 2 and a half hours long and we take up to 12 participants for these sessions.

How can I access the WIC? Programme

This programme is available to parents / carers who have a family help or social care practitioner working with them and their family. Your lead practitioner or social worker will speak to you about the programme and make the referral on your behalf. Parents / carers can be referred onto the programme by any professional supporting the family e.g. a school via our online parenting programme request.

[Who's In Charge Referral](#)

RIDING THE RAPIDS: LIVING WITH AUTISM OR DISABILITY



Riding The Rapids is a programme being delivered in partnership with First Point Family Support Service who are the lead in Bury for the programme.

What is Riding The Rapids? (RTR)

Riding The Rapids is a high quality, evidence based parent-training course. It is designed for parents and carers of children and young people with autism or other complex needs, including severe learning disabilities.

Children with disabilities have far higher rates of behavioural difficulties than typically developing children. There is a high correlation between parental stress and coping, and levels of challenging behaviour and sleep disturbance in children. Riding the rapids targets these areas to improve the quality of life and emotional wellbeing of children with SEND and their families.

What can I / family expect from attending the programme?

The course consists of 10 weekly sessions followed by a booster session 3 months later. The sessions are delivered in a group format and provide parents with the opportunity to meet and think together with other parents in similar circumstances.

The course enables parents to understand their child's behaviour in the context of their additional needs, and apply strategies to support positive behaviours. It also helps parents / carers to develop stress management strategies and confidence in managing their child's behaviour.

Riding The Rapids differs from other parenting groups as it is applicable to children with a range of disabilities, and has been adapted to meet the needs of particular groups of children with additional needs.

How can I access Riding The Rapids parenting programme?

Riding the Rapids is facilitated in partnership with First Point. All referrals for Riding the Rapids must be made via First Point. You can speak to your lead professional or social worker who can make the referral on your behalf.

<https://www.firstpointsupport.org.uk>

STRONGER RELATIONSHIPS, HEALTHY PARENTING

(reducing parental conflict programme)



What is Stronger Relationships, Healthy Parenting?

We understand that there are different kinds of conflict in relationships. Not all conflict is damaging, but it's important to remember that the way it is displayed, how often it happens and how conflict is dealt with can all have a negative impact on children. It only starts to become a problem when conflict is frequent, intense and not resolved well. We have developed our own in-house parenting programme called Stronger Relationships, Healthy Parenting which is aimed to support parents / carers who are experiencing difficulties in their communication and ability to co-parent effectively.

Who is it suitable for?

Parents (including step-parents) and / or carers of children aged pre-birth to 18 years old where;

- They live together and there are frequent arguments and conflict, this could be due to different parenting styles and values, or other factors such as money.
- They are in the process of separating and are struggling to navigate this without high levels of conflict.
- They have separated and there are ongoing arguments and conflict over child contact arrangements, finances etc.
- The programme is not suitable where domestic abuse is present.

What can I / families expect from attending the programme?

It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

Topics include:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.
- Healthier and more effective communication styles, problem-solving skills, and conflict-resolution techniques.
- How parental conflict can impact on children.
- How to develop your own co-parenting plan.

How long is the programme?

This programme is 6 weeks long with 1-hour sessions per week. To accommodate parents who may be experiencing heightened conflict and may prefer to attend separately, we run the programme twice on the same day. This ensures that both parents receive the same information at the same time.

How to access Stronger Relationships, Healthy Parenting?

The Stronger Relationships, Healthy Parenting programme is offered both virtually and face-to-face. The programme may be suggested to you by a professional (i.e., a social worker, family practitioner, school, police) and with your agreement they can complete the request form on your behalf. If you feel that you would benefit from the programme you can also request this either via a professional you are working with or you can make a self-request via our online parenting request form.

[**Stronger Relationships, Healthy Parenting Referral**](#)

TEEN TRIPLE P PARENTING



What is Triple P?

Triple P is an approach that aims to help children to develop to grow up to be healthy responsible teenagers and adults who feel good about themselves. It is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their full potential.

Who is it suitable for?

Triple P Teen – these sessions are suitable for parents / carers of children aged 11 to 18 who are living with them or involved in regular contact and parenting.

What can I / families expect from the programme?

Each week parents will focus on addressing a challenging behaviour of their choosing with information about goal setting, encouraging good behaviour, managing risk and keeping children safe.

Session topics include:

- Helping children develop
- Managing behaviour
- Using positive parenting strategies
- Planning ahead
- Establishing routines and boundaries

How long is the programme?

This programme is 6 weeks long with 2-hour sessions each week.

How can I access Triple P parenting programme?

If you are being supported by a lead professional, family help practitioner or social worker, they can make the referral on your behalf.

Triple P Teen Referral

Stay connected with us!

For updates on our parenting courses, helpful tips, resources, and community information, please visit and follow our Facebook page:

It's the easiest way to keep informed and access support between sessions.



[Bury Family Help Service](#)