

Family HUB

Parenting Groups

ANTENATAL SOLIHULL

Understanding pregnancy, labour, birth, and your baby. Antenatal classes follow a Solihull Approach over a five-week period and are available across Doncaster.

Who is the course for?

They are available to every pregnant woman, her partner or supporter, living in Doncaster.

How to access Antenatal Solihull courses-

For more information and to book onto the course contact the health team by calling **03000218997**




Find information on your nearest Family Hub on the back page of this booklet, or

visit: www.doncaster.gov.uk/familyhubs





TRIPLE P FOR BABY



Triple P for Baby sessions aim to prepare you as parents for a positive transition to parenthood and the first year with your baby.

As parents you will take part in a range of activities to help you learn more about...

- Developing a positive relationship with your baby, promote your baby's development and help teach your baby new skills and behaviours.
- Responding to your baby: Support with crying babies; promoting positive sleeping habits.
- Support: Understanding emotions; coping strategies.
- Partner support: Changes in relationships; communicating with partners; working together.

Who is the course for?

Parents at the transition to parenthood from 32- 36 weeks antenatally.

When is the course delivered?

Triple P for baby is delivered 4 weeks antenatally and 4 weeks postnatally.

How to access Triple P baby courses-

Please call into or phone your local Family Hub.



BABY AND US

FOR PARENTS OF BABIES FROM BIRTH TO 9MTHS
COURSE LENGTH- 9 WEEKS, 2 HRS PER WEEK



The Baby and us group is also delivered by trained local parents who share many of the same worries and experiences as every new parent.

Learning takes place through discussions and activities. This course builds the self-esteem of new parents and promotes building confident relationships with your babies.

There is a focus on communicating with your baby and understanding their daily routines such as crying, sleeping, and feeding which can be very challenging for parents of very young babies. It is easy to forget Our babies are born with a growing personality.



EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

EPEC groups are for local parents, led by local parents. They have several interactive groups, where you can meet other parents and share ideas.

BEING A PARENT

FOR PARENTS OR CARERS OF CHILDREN AGED 2-11 YEARS
COURSE LENGTH- 9 WEEKS, 2 HRS PER WEEK



The course provides ideas on setting routines and family rules at home. It shares strategies to support changes with your child's behaviours which helps to build happier relationships and reduce those everyday family stresses.

You will learn how to encourage good behaviours and how to share more fun times together.

It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

To book onto either of these course please contact your local Family Hub.

Parent Quote from BAP
- its amazing how much you learn from the stories told by other parents and the people delivering it as parents- really made me go home and reflect. It was a lovely session! Looking forward to the next one!
Anonymous

NORTH

Bentley Family Hub

The Avenue, Bentley, DN5 0NP
01302 737350

Askern Family Hub

Spa Pool Road, Askern, DN6 0HZ
01302 737099

Adwick Family Hub

Central Avenue, Woodlands, DN6 7RU
01302 737717

SOUTH

Rossington Family Hub

Grantham Street, Rossington, DN11 0TA
01302 737440

Denaby Family Hub

School Walk, Conisbrough, DN12 4HZ
01302 737436

Mexborough Family Hub

Wath Road, Mexborough, S64 9ED
01302 736869

EAST

Stainforth Family Hub

Junction Road, Stainforth, DN7 5DH
01302 734048

Moorends Family Hub

Marshland Road, Moorends, DN8 4SB
01302 737470

Armthorpe Family Hub

Mere Lane, Armthorpe, DN3 2DG
01302 736760

CENTRAL

Central Family Hub

Welcome Way, Doncaster, DN1 3LE
01302 737995

Balby Family Hub

Sandycroft Crescent, Balby, DN4 0TY
01302 736880

Wheatley Family Hub

Old School Way, off Beckett Road
Wheatley, DN2 4AJ
01302 737790

**STAY UP TO DATE WITH ALL
OF OUR EVENTS, GROUPS
AND SESSIONS, AND FIND
LOTS OF ADDITIONAL
CONTENT AROUND SUPPORT
AND ADVICE IN THOSE EARLY
YEARS BY FOLLOWING YOUR
LOCAL FAMILY HUBS ON
FACEBOOK!**



**City of
Doncaster
Council**