

THE ISLE OF MAN PARENTING NETWORK HANDBOOK

A guide to all the services and support
that is available to parents on the Isle of Man

available to download at
<https://www2.sch.im/groups/supportforparents/>



Supported by the Department of Education and Children, the Child and Adolescent Mental Health Service, The Children's Centre, the Mothers' Union, Care for the Family, the Alcohol Advisory Service, Speech and Language Therapists, Health Visitors, School Nurses and Health Services the Department of Social Care, Crossroads Caring for Carers, Autism in Mann, Autism Initiatives and the Isle of Man Adoption Service.

Isle of Man Parenting Network

February 2012

Parenting Network Handbook 2012

Foreword

The Isle of Man Parenting Network was established in February 2009 and set out to improve the coordination of support to parents on the Isle of Man.

The Network has representation from The Children's Centre, the Department of Education and Children, the Department of Health, the Department of Social Care, the Child and Adolescent Mental Health Service, the Mothers' Union, Care for the Family, Crossroads Caring for Carers, Autism in Mann, Autism Initiatives and the Isle of Man Adoption and Alcohol Advisory Services. By working together to improve outcomes for parents and children, the Parenting Network Handbook 2012 provides a guide for all parents on the support that is available across the Isle of Man.

A five level approach describes a range of interventions and support strategies available to parents and families.

At **Level 1**, informal support is available to all parents who may wish to chat through certain issues or receive advice on general parenting skills. All parents are likely to need advice and guidance with parenting at some stage - be it from their own family, from their friends or from support groups. At level 1, a range of low level support programmes are described in the Handbook.

At **Levels 2 and 3**, the Handbook describes a range of additional support that can be made available to ensure that parenting is successful and that parents enjoy a happy and rewarding time with their children at home.

At **Levels 4 and 5**, the Isle of Man has adopted a specialist approach to parenting entitled the 'Triple P' approach (Positive Parenting Programme) and this is designed to offer very clear strategies on how to manage challenging behaviour and restore calm and balance to the child-adult relationships within the home.

Access to the Triple P training is made through a referral system. Referrals can be made through schools, health visitors, GPs, social workers and other professionals.

For more information regarding the Parenting Network and the courses available please go to www2.sch.im, access All Wikis and search 'Support for Parents'.

John McKenzie
Chair, IOM Parenting Network

January 2012

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Care for the Family

Care for the Family is a national registered charity with a regional Isle of Man office. Their aim is to promote strong family life and to help those hurting because of family difficulties. Through events, resources, training and networks of befrienders Care for the Family strengthens marriages, supports parents, including single parents and step-parents, and helps the bereaved.

- **Resources**
 - Monthly email newsletter
 - Articles in local media
 - 'Family' magazine
 - Books, CDs, DVDs, Workbooks
 - Support Net, free online support at www.careforthefamily.org.uk
- **Courses to equip parents**
 - How to Drug Proof your Kids®
 - Quidz-In
 - 21st Century Parent
 - 21st Century Marriage
 - Positive Parenting
- **Newsletters, to support:**
 - Single parents
 - Stepfamilies
 - Parents of children with additional needs
 - Bereaved parents
 - Young widows and widowers
- **Telephone befrienders, to support:**
 - Parents of children with additional needs
 - Bereaved parents
 - Young widows and widowers
- **Family building events**
(recent events include A Rough Guide for Dads; Teenagers! What Every Parent Has to Know, and Issues Families Face)

Level	1, 2, 3
Provider	Care for the Family. A national registered charity with a regional Isle of Man office
Venue	Office based in St John's Mill. Courses, events, support available across the Island
Contact	Care for the Family Tel: 491043 Email: mail@cff.org.uk Address: Care for the Family, St John's Mill, St Johns, Isle of Man, IM4 3AF www.careforthefamily.org.uk/iom



The IOM Alcohol Advisory Service is a Manx registered charity and has just celebrated its thirtieth year in operation. Its core business is to offer free, confidential support to anyone concerned about their own or someone else's alcohol use. A range of interventions which target those affected have been developed including:

- **Problem drinking:** Assessment/motivational interventions/counselling and support for associated life issues/relapse prevention and aftercare for anyone who has concerns about their drinking.
- **Young people: AAS 12-21:** A dedicated young person's alcohol service - this new innovative service offers guidance to young people experiencing harm through their own alcohol use and for young people affected by parental problem drinking. Our young person's worker uses an assertive outreach approach persisting in gaining and maintaining contact with these affected young people. The hidden harm attributable to alcohol misuse in the family can have a devastating impact on children. They are more likely to have witnessed domestic and other types of violence in the home, suffer from stress and anxiety disorder and to go on and develop alcohol problems themselves. In the first 2 years of operation 240 young people have been referred to this service.
- **Family members/significant others:** Our philosophy is that everyone affected by problem drinking of someone close to them should be entitled to support in their own right and not just as an adjunct to the treatment of a problem drinker. Family members can suffer from many physical, psychological and social difficulties. Counselling and support for significant others/family members is offered at the AAS.

In addition the service offers a variety of other initiatives aimed at the wider community:

- **Education** – a peer educator is employed to deliver alcohol education sessions using best practice materials in schools/youth settings and the IOM College.
- **Resources/information** - the service has a range of leaflets, materials available to anyone who wants to know more about alcohol and its related effects.
- **Training packages** - using best practice materials training can be tailored for specific groups in the public or private sector; eg Alcohol and the Workplace, Alcohol and the Elderly.

Contact: aas@iom.com Tel 627656; Fax 610205; Text 426000
www.alcoholadvisoryservice.co.uk
www.aas12-21.co.uk



The Children's Centre

Children, Young People and Families First

The Children's Centre

The Children's Centre develops, manages, and pioneers a variety of community initiatives and services aimed at enabling children, young people, and families to realise their full potential. We are an independent Manx charity – undertaking our own projects and working with others – to put children, young people, and families first.

As the Isle of Man's leading children's charity, The Children's Centre works directly with over 1,000 children, young people and families each week. We run 15 vital services across the island, each working to address a different recognised need.

We put children and young people first by offering childcare, play, adventure activities, learning opportunities, residential care and support services to enable them to realise their full potential for the future.

For families, we offer support to parents from pregnancy through to dealing with the teenage years. Often little attention is paid to preparing people for this vital role, yet parents are key to giving children a happy and stable childhood. We provide first class services that offer practical advice on a wide range of issues such as: divorce; contact; child behaviour and budgeting; whilst at the same time offering a helping hand, and the opportunity to meet other parents.

Safe and progressive communities give everyone the freedom to flourish and are vital to the wellbeing of children and their families. Our work in communities throughout the Isle of Man aims to ensure that the needs of all children, young people and families are put first, regardless of where they live.



First for you
Call today 01624 676076

<http://www.thechildrenscentre.org.im/>



Mothers' Union is an international organisation of more than 4 million Christians in over 80 countries who give money, time, experience and prayer to support marriage and family life. They share a vision of a world where God's love is shown through loving, respectful and flourishing relationships: reaching out to communities they change lives and bring hope.

Each member is committed to achieving this vision through:

- Promoting and supporting family life
- Encouraging and supporting parents in their role to develop the faith of their child
- Being a worldwide fellowship of Christians united in prayer , worship and service
- Campaigning for conditions in society favourable to stable family life and the protection of children
- Helping those whose family life has met with adversity.

On the Isle of Man our members are involved with

- Running parent and toddler groups,
- Magazine- Families First,
- Leaflets to support parents,
- Knitting trauma teddies and clothes for premature babies,
- At the prison
 - weekend crèche
 - monthly craft afternoon with women prisoners,
 - Big Book Share- child and prisoner parent sharing books,
- Support for parents when their baby is baptised,
- Relationships Matter Course,
- Loving for Life- Marriage Preparation Course,
- Campaigning for nursery places for all children on the island,
- Bye Buy Childhood Campaign www.byebuychildhood.org



Contact: Caroline Salmon, Development Officer [Tel:361680](tel:361680)

Email: mu.iom.dev@gmail.com

website: muenterprises.org/isleofmanmothersunion



ISLE OF MAN GOVERNMENT

Several departments of Government are partners in The Isle of Man Parenting Network:

HEALTH

The purpose of Health Services is –

To enable the people, individually and collectively, to live healthily and fulfill their potential within a secure environment.

The specific Health Services policy objectives are:–

- To maintain and, where necessary, improve the physical and mental health of the people of the Island through prevention and treatment of illness, disease and disability.
- To provide for a comprehensive and readily available range of acute Health Services.
- To provide for a comprehensive and readily available range of Primary Health Care Services,
- To ensure the co-ordinated provision of Health and Social Services.
- To achieve greater awareness of the benefits of a healthy lifestyle.

In order to provide direction to all parties concerned, directly or otherwise, in delivering services which influence the health of the Isle of Man population, the Department has published a Strategy for Health document.

SOCIAL SERVICES

Social Services is a Division of DSC. It has responsibility to assess the social care needs of the people of the Isle of Man, taking into account their race, culture, special needs and religion. In addition, we aim to contribute to the well being of communities throughout the Island.

We work with other organisations to provide a range of services to meet individual and community needs within the resources available.

The offices are situated in **Murray House**, on the corner of Prospect Hill and Finch Road.

EDUCATION AND CHILDREN

The purpose of the Department is to ensure that the Education Service complements the aims of Government by setting clear policies directly related to Central Government policies.

The Department's General Statement of Policy is as follows:

- To develop further the Isle of Man's reputation for educational excellence.
- To ensure the provision of the educational skills required for the Island to survive, prosper and achieve economic growth in the 21st Century.
- To ensure the delivery of the highest standards of teaching and learning.

- To ensure that each person follows a curriculum appropriate to his/her needs and is encouraged to reach the highest levels of personal attainment.
- To enable individuals and groups to develop their full potential, to become positive and contributing members of society, to show care and tolerance to others, our environment, culture and way of life.
- To maintain services and partnerships which support those delivering education in schools, clubs, the Isle of Man College, Higher Education and the workplace.
- To monitor educational needs and the future demands for education, so as to develop strategies for the optimum provision of staff and premises.

The Department of Education and Children, its various sections, its schools and the Isle of Man College subscribe to one overall aim, which is: ***"To provide high quality life long learning opportunities for all the people of the Isle of Man so that they can develop to their own potential and are able to contribute fully to society."***

SERVICES FOR CHILDREN – EDUCATIONAL PSYCHOLOGY

The Educational Psychology Service is part of 'Services for Children' in the Department of Education and Children based at Hamilton House, Peel Road, Douglas.

Educational Psychologists are professionally qualified and aim to apply their knowledge of psychology at all levels within the education system, and with other agencies, to ensure that any barriers to learning and development, whether cognitive, social or emotional, are reduced and children and young people's future prospects are enhanced.

To this end, they may consult and work collaboratively with schools to gain a deeper understanding of issues to do with child development and learning differences (autistic spectrum conditions, dyslexia, ADHD) and to create interventions that promote inclusion (managing behaviour, managing anxiety, solution focused therapy).

They may work with individuals, parents and other agencies to assess, advise and support them in their learning and bring about change.

They may also work at a more strategic level, for example, helping the DEC to write policies that ensure that the special educational needs of children and young people on the Island are met and the barriers to learning removed or promoting programmes that protect the emotional health and wellbeing of young people in our schools.

The EPS can be accessed by parents/carers through schools. Each school on the Island has an allocated Educational Psychologist. If a parent/carer has any concerns about their child's learning, development, and/or behaviour, the following procedure operates:

1. Parents/carers discuss concerns initially with the class or subject teacher
2. If further interventions are needed, discussions take place with the class/ teacher or tutor, Head of Year and/or the Special Needs Coordinator (SENCO). Each school has a teacher who has the job of coordinating any special or additional educational needs a child or young person may have in the school.

3. If, through discussion, it is felt that it would be helpful to consult with an Educational Psychologist, the SENCO will submit a request for an 'EP Consultation' to the Department. In all but exceptional cases, parental permission is needed for a child or young person to be seen by an Educational Psychologist.
4. The school's Educational Psychologist will then liaise with the school and/or parents to plan a way forward.

On the rare occasions that parents/carers feel that it would not be appropriate to go through the school, it is suggested that they contact:

Services for Children
Department of Education and Children
Hamilton House
Peel Road
Douglas
Tel: 686059 or 686084

Pre-school children are referred to the service either (a) via the Pre-school Assessment Centre (b) by Health Professionals or Social Care Services directly to the designated Early Years Educational Psychologist, or (c) by parents through Services for Children.

THE PRE-SCHOOL ASSESSMENT CENTRE (PSAC)

The Pre School Assessment Centre (PSAC) is part of the Island's Department of Education and Children. It is based at Pulrose Youth and Community Centre, Pulrose, Douglas.

The Staff are professionally trained in all areas of the curriculum to work alongside Speech & Language Therapists, Occupational Therapists, Physiotherapists and most importantly with parents.

The Centre promotes inclusion, reduces barriers to learning and supports schools in meeting special needs.

If children are to progress their needs have to be understood and each child must be appreciated for their own unique personality and development. The aim at PSAC is to maximize a child's strengths by adapting the environment and the people around them.

PSAC uses a coherent and consistent multi disciplinary learning programme emphasizing the physical, emotional, social and cognitive development so that children can gain confidence and competence so they can work with their peer group and achieve as independent a life as possible.

THE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

The Child and Adolescent Mental Health Service (CAMHS) is a specialist multi disciplinary team who work with children and young people who are experiencing emotional, behavioural, and mental health problems.

CAMHS currently accepts referrals for children and young people up to their 16th birthday.

As a specialist CAMHS, predominantly operating at Tier 3, we aim to address the needs of children and young people presenting with mental health disorder, and their families/carers, by:

- Helping to develop problem-solving skills.

- Increasing parents' and carers' ability to manage existing psychological problems more effectively.
- Enhancing children and young people's coping abilities.
- Having a positive impact on the child or young person's resilience to assist them to manage negative stressors more effectively.

Team Establishment

Consultant Child and Adolescent

Psychiatrist (1 wte)

Manager (0.6 wte)

Clinical Nurse Specialist (1.6 wte)

Clinical Child Psychologist (1 wte)

Psychodrama Psychotherapist (0.9 wte)

Looked After Children

Psychotherapist (1 wte)

Child and Adolescent Therapist
(0.8 wte)

PA to Consultant Psychiatrist (0.8
wte)

Team Secretary (1 wte)

Each team member has a specific role / speciality within the team, ensuring that a wide range of interventions can be offered to the client group. The exchange of knowledge and skills is also fostered amongst team members.

Referral Criteria

Whilst not intended to be exhaustive, these are the main mental health disorders which may require assessment and intervention from CAMHS:

- Conduct or oppositional defiant disorder
- Anxiety
- Phobias
- Attachment disorders
- Depression
- Obsessional and/or compulsive disorders
- Psychosis
- Anorexia and other eating disorders
- Deliberate self-harm
- Neuro-developmental disorders, e.g. Attention Deficit Hyperactive Disorder (ADHD), Tourette's Syndrome
- Somatic disorders
- Adjustment disorders
- Chronic illness with evidence of mental health co-morbidity

Referrals are accepted from any other professional who works with children and young people. We are not able to accept referrals from children and young people themselves or from parents.

CAMHS exclusion criteria includes anyone over the age of 16 at the point of referral and anyone whose difficulties do not warrant tier 2 or tier 3 services.



Crossroads Caring for Carers is a Manx charity established in 1988 to provide respite to carers and services to those with care needs. Crossroads Isle of Man is a network member of the Princess Royal Trust for Carers. The organisation currently provides a diverse range of services to all ages and care needs with the long term

goal of providing sustainable respite to family members who look after them, whilst promoting the individual's self sufficiency.

Tel No: 673103

Email: mail@crossroadsiom.org

PARENTING NETWORK HANDBOOK

LEVEL 1 PROGRAMMES:

These programmes are aimed at providing universal information, advice and support to all and every parent on the Island.

PROGRAMME: **Parenting Support in the Community**

PROVIDER: **Care for the Family/Mothers Union/
The Children's Centre**



LEVEL: **1**

TARGET GROUP: All Parents

VENUE: **Various around Island**

DETAILS: Annual events celebrating parenting with advice, information, ideas and competitions

CONTACT: **Care for the Family**., tel: 491043

Email: mail@cff.org.uk

Mothers' Union: Caroline Salmon,
Development Worker Tel.: 07624 361680

Email: mu.iom.dev@gmail.com

The Children's Centre: 676076

Email info@thechildrenscentre.org.im

PROGRAMME: **Fun Days; bookmarks; resources**

PROVIDER: **Mothers' Union/ Care for the Family**



LEVEL: **1**

TARGET GROUP: All Parents

VENUE: **Various around Island**

DETAILS: Resources / leaflets / bookmarks, Families First-magazine / Parent and Toddler Groups.

CONTACT: **Care for the Family**., tel: 491043

Email: mail@cff.org.uk

Mothers' Union: Caroline Salmon, Development Worker
Tel: 07624 361680 Email: mu.iom.dev@gmail.com

Website: www.themothersunion.org/parenting

PROGRAMME:

First Years of Life

PROVIDER

HEALTH VISITING/SCHOOL NURSING TEAM



LEVEL
TARGET GROUP
VENUE
DETAILS

1
All Parents

Booklet given to all new parents

COST
CONTACT

Free
Sue Porter Service Manager. Tel: 642678

PROGRAMME:

Birthday Card programme

PROVIDER

HEALTH VISITING/SCHOOL NURSING TEAM



LEVEL
TARGET GROUP
VENUE
DETAILS

1
Pre-school children

All pre-school children receive a birthday card on their 1st
2nd and 3rd birthdays containing age-related health
information for parents.

COST
CONTACT

Sue Porter Service Manager. Tel: 642678

PROGRAMME: **Parentcraft**

PROVIDER **Midwives**

LEVEL **1**

TARGET GROUP

VENUE **Nobles Maternity Wing**

DETAILS **Ante-natal course for expectant parents.**

COST **Free**

CONTACT **Midwifery Department**



PROGRAMME: **Transition Birthday Cards**

PROVIDER **School Nursing Team**

LEVEL **1**

TARGET GROUP

VENUE

DETAILS **All children entering reception class receive a welcome to school card, containing relevant health information for parents**

COST **Free**

CONTACT **Clare Horne School Nurse. Tel: 642377**



PROGRAMME: **Alcohol Education and Awareness**

PROVIDER **Alcohol Advisory Service**



LEVEL **1**
TARGET GROUP Children, Young People, Parents, Community Groups

VENUE
DETAILS General awareness sessions on alcohol, peer education for young people, parental guidance.

COST Free
CONTACT: **01624 627656 for confidential support**
Tel: Email: aas@iom.com

PROGRAMME: **Parenting Articles**

PROVIDER **The Children's Centre**



LEVEL **1**
TARGET GROUP ALL Parents
VENUE **Local media**
DETAILS Universal information and advice programme in Island newspapers, magazines and radio on a variety of topics of interest to parents.

COST Free
CONTACT **Juana Warburton, The Children's Centre 676076**
Email: juanawarburton@thechildrenscentre.org.im

PROGRAMME: **School information to parents**

PROVIDER **Education and Children**



LEVEL **1**

TARGET GROUP **All parents**

VENUE **Your child's school**

DETAILS : Schools are happy to offer advice and support to parents. Should you have any concerns regarding your child, your first point of contact should be the class teacher or the tutor teacher. This teacher will be able to listen to your concerns and suggest possible approaches and strategies that are effective in the classroom and that may also be helpful in the home.

COST: **Free**

CONTACT: **Your child's class teacher or tutor teacher**

PROGRAMME **"LEGAL HIGHS" AWARENESS**

PROVIDER **IOM PARENTING NETWORK**



LEVEL **1**

TARGET GROUP **All parents**

VENUE **Various around the Island**

DETAILS Information, advice and strategies on dealing with other legal but worrying substances, e.g. methadone (plant food).

COST - **Free**

CONTACT **The Parenting Network**

LEVEL 2 PROGRAMMES:

These programmes are aimed at providing information, advice and support to any parent or carer on the Island who is interested in increasing their understanding of the development and growth of their child.

PROGRAMME: PROVIDER	FAMILY BUILDING EVENTS CARE FOR THE FAMILY
LEVEL TARGET GROUP	2 Parents/ carers with a specific interest in their child's development
VENUE DETAILS:	VARIOUS Programme of specific events focussing on family life
COST CONTACT	Various Care for the Family. Tel: 491043 Email: mail@cff.org.uk



PROGRAMME: PROVIDER	21st CENTURY PARENTS CARE FOR THE FAMILY
LEVEL TARGET GROUP	2 Parents/ carers with a specific interest in their child's development
VENUE: DETAILS:	VARIOUS Series of Family DVDs. Each of which have 8 short talks by Rob Parsons offering down-to-earth wisdom, a healthy dose of humour and real-life insights on parenting and marriage. Designed to watch alone, or with a partner and friends, each one comes with discussion starters, top tips and ideas for action. As well as being great for individuals, the DVDs work really well in a group setting, eg a local Parent and Toddler group, work with parents at a local school or with relationship education.
COST - CONTACT	Various Care for the Family. Tel: 491043 Email: mail@cff.org.uk



PROGRAMME: **‘Passionate about Parenting’
Parenting Courses**
PROVIDER **Mothers’ Union trained facilitators**



LEVEL **2**
TARGET GROUP **All Parents**
VENUE: **VARIOUS**
DETAILS: **Trained facilitators providing courses for parents**
COST **Various**
CONTACT **Caroline Salmon, Mothers’ Union Development
Worker. Tel: 07624 361680
Email: mu.iom.dev@gmail.com**

PROGRAMME **SOLIHULL APPROACH**

PROVIDER **HEALTH VISITORS/
SCHOOL NURSES**



LEVEL **2/3**
TARGET GROUP **Parents of 0-5 yrs, & 5-16 yr olds**
VENUE **HOME, CLINIC**
DETAILS **A psychodynamic approach for parents who have
children with behavioural and emotional difficulties, e.g.
sleeping, feeding and temper tantrums. The approach
supports practitioners in health, education, voluntary and
social care working with families, to ensure families have
a good emotional start in life.**

COST **Free**

CONTACT **Health Visitor/School Nurse**

PROGRAMME: **AQUANATAL CLASSES**

PROVIDER **Midwives**



LEVEL **2**
TARGET GROUP: **Pregnant Mothers**
VENUE **NSC; Regional swimming pools**
DETAILS **Antenatal water based exercise classes**

COST **£2.40 per session**

CONTACT **Midwife or NSC on 688588**

PROGRAMME

DEVELOPMENTAL BABY MASSAGE

PROVIDER

HEALTH VISITORS



LEVEL
TARGET GROUP
VENUE
DETAILS

2/3

Parents of 0-5 yrs, & 5-16 yr olds

HOME, CLINIC

Baby massage reduces stress hormones and alleviates depression. Massage can enrich the bonding experience, through touch and eye contact with baby. Massage can help pre-term babies and those with disabilities, improving muscle tone and stimulating growth hormones.

COST
CONTACT

Free
Health Visitor

PROGRAMME:

Picture Exchange Communication System, P.E.C.S Awareness Session

PROVIDER

PSAC



LEVEL:
TARGET GROUP

2

Parents, Early Years Practitioners, Children and Adult Care staff dealing with children and adults with communication and, social communication difficulties

VENUE
DETAILS

Pre School Assessment Centre, Pulrose



A workshop environment session that explores the visual strategies to develop communication in a variety of settings. It also develops an awareness of other supportive strategies to develop communication alongside PECS.

COST
CONTACT

Includes lunch, £30 to practitioners and £10 to parents
Joanna Radcliffe, Head PSAC. Tel 629943

PROGRAMME **Social Stories**

PROVIDER **PSAC**

LEVEL: **2**

TARGET GROUP Parents, Early Years Practitioners, Children and Adult Care staff dealing with children and adults with communication and, social communication difficulties

VENUE **Pre School Assessment Centre, Pulrose**


DETAILS Presents a strategy for parents and practitioners to use with children and students to help them understand and manage difficult situations through the use of simple stories. A Social Story helps prepare a child for change and to understand how they should behave in certain situations.

COST £5.00

CONTACT: **Joanna Radcliffe, Head PSAC. Tel 629943**

PROGRAMME: **SENCo support**

PROVIDER **Education and Children**



LEVEL **2**


TARGET GROUP Parents with additional concerns


VENUE **SCHOOLS**


DETAILS If you have raised concerns with your child's class teacher and yet problems persist you may wish to consult with the school's Special Educational Needs Coordinator or SENCo, Head of Year or the Head teacher. The school SENCo may be able to offer additional, specialist advice to assist you in the home.

COST: Free



CONTACT: **For more information, speak with your child's class teacher or Head of Year.**

PROGRAMME	Hanen: More than Words
PROVIDER	Speech and Language Therapy 
LEVEL: TARGET GROUP:	2 & 3 Parents and carers of children and adults with Autism Spectrum Disorder and/or related social and, social communication difficulties.
VENUE DETAILS	Pre School Assessment Centre, Pulrose Practical tools to help children communicate. Emphasizes a child's everyday activities as the context for learning to communicate. Improves two-way interaction and develops better skills in communicating for social purposes.
COST CONTACT	Free Jan Gordon. Tel: 642630

PROGRAMME	Hanen: It Takes Two To Talk
PROVIDER	Speech and Language Therapy 
LEVEL: TARGET GROUP:	2 Parents and carers dealing with toddlers and pre school children with expressive and/or receptive language delays. Also for parents of toddlers and pre school children with cognitive and developmental delays under age five.
VENUE DETAILS	Pre School Assessment Centre, Pulrose Family focussed early intervention; enables parents to become their child's primary language facilitator; explains the development of communication and the difference between receptive and expressive language; develops formal and informal support for parents by sharing experiences of individuals in similar situations.
COST CONTACT	Free Saskia Tweddle. Tel 642630

PROGRAMME	Hanen: Learning Language and Loving It
PROVIDER	Speech and Language therapy 
LEVEL: TARGET GROUP:	2 & 3 Early childhood Educators/Teachers/Therapists of children at risk of language delays, language disorders and those who are learning English as a second language.
VENUE DETAILS	Pre School Assessment Centre, Pulrose Research based developmental approach which promotes children's social, language and literacy development within every day activities and conversations in different childhood settings. Helps teachers create a language-rich, highly interactive environment for children at risk of language delays geared to individual language level and conversational style.
COST CONTACT	£100 Saskia Twedde, Jan Gordan. Tel 642630

PROGRAMME	Intensive Interaction
PROVIDER	Speech and Language therapy 
LEVEL: TARGET GROUP:	2 & 3 Parents and Practitioners working with children and adults with profound difficulties.
VENUE DETAILS	Pre School Assessment Centre, Pulrose Develops an approach to helping children and adults with severe learning difficulties to learn the fundamentals of social and communication development. Develops an understanding of how people communicate and relate in infancy.
COST CONTACT	Free Jan Gordon. Tel 642630

PROGRAMME	Derbyshire Language/ Facilitating Language in Young Children	
PROVIDER	Pre-school Assessment Centre	
LEVEL: VENUE Pulrose DETAILS	2 & 3 Pre	  School Assessment Centre,
TARGET GROUP	Practitioners and parents interested in building and delivering structured language programmes to children with language difficulties from early years to primary age	
COST	Level 1 £5; Level 2 Course Materials needed cost approximately £150.	
CONTACT	Joanna Radcliffe PSAC. Tel: 629943	

PROGRAMME: **PARENT POWER COURSES**

PROVIDER **The Children's Centre**



LEVEL **2**
TARGET GROUP ALL Parents or carers on the Island who are interested in increasing their understanding of the development and growth of their child.

VENUE: **Douglas, Peel, Ramsey and Ballasalla**
DETAILS: The Family Centre Parenting team runs a range of courses aimed at providing 'on the job training', advice and discussions for all parents in the Isle of Man.
Parenting Teens: *For parents of teenagers who may be experiencing difficulties and would like some help. This is a six session evening course.*
Solihull Parenting Programme: *10 weeks programme of sessions each lasting two hours, looking at all aspects of child development and parenting. Helpful, supportive and interactive. Childcare provided. Certificate of attendance.*
Through the eyes of a child: *Looking at the effect parental separation can have on the children involved in the relationship. This is a two part evening course.*
Chatter Matters: *Helping parents to understand the importance of communication with children, through singing and activities. This is a daytime course consisting of two sessions each lasting two hours.*
Emotional Wellbeing: *Understanding the emotional needs of your children. This is a daytime course consisting of two sessions each lasting two hours.*

COST *Free*
CONTACT **The Children's Centre**
Janet Bailey, Parenting Manager 631933
janetbailey@thechildrenscentre.org.im or
Anne Hughes, Parenting Administrator
annehughes@thechildrenscentre.org.im 631934

PROGRAMME: **PARENT POWER WORKSHOPS**

PROVIDER **The Children's Centre**



LEVEL **2**
TARGET GROUP ALL Parents or carers on the Island who are interested in increasing their understanding of the development and growth of their child.

VENUE: **Douglas, Peel, Ramsey and Ballasalla**
DETAILS: The Family Centre Parenting Team, runs a range of workshops aimed at providing 'on the job training', advice and discussions for all parents in the Isle of Man.

Potty Training

Offering advice and tips on what can be a challenging time for parents.

Tackling Tantrums

You're not alone when your little one has a tantrum in the supermarket or will not leave the park. Handy tips on how to handle the situation while keeping calm.

Sleep

Help and information on bedtime routines and sleep patterns from babies to young children.

Keeping Christmas Cheery

Ways to survive Christmas for yourself and your family.

Happy Mealtimes / Healthy Eating *Looking at healthy meal options for children and the importance of meal times, as well as help with fussy eaters and other meal time horrors.*

Whoops a Daisy Home Safety

The importance of safety in the home and in the garden, for babies, toddlers and young children.

Play *Take part in a fun, interactive and cost effective way of understanding the value of play.*

COST Free

CONTACT **The Children's Centre**
Janet Bailey, Parenting Manager 631933
janetbailey@thechildrenscentre.org.im or
Anne Hughes, Parenting Administrator
annehughes@thechildrenscentre.org.im 631934

PROGRAMME: **ONE TO ONE ADVICE**

PROVIDER **The Children's Centre**



LEVEL **2**
TARGET GROUP Parents or carers, who are referred by other agencies, who are interested in increasing their understanding of the development and growth of their child.

VENUE: **Douglas, Peel, Ramsey and Ballasalla**
DETAILS: The Family Centre teams, offer confidential individual advice on parenting issues to parents or carers in the Isle of Man.

COST - Free

CONTACT:
Bonwick Family Centre, Lezayre Road, Ramsey IM9 2LU
Family Centre for residents in the North of the Island
01624 815918
maureengray@thechildrenscentre.org.im

Barrule Family Centre, Ronaldsway Industrial Estate, Ballasalla IM9 2AA
Family Centre for residents in the South of the Island
01624 827030
maureengray@thechildrenscentre.org.im

Philip Christian Centre, Derby Road, Peel IM5 1HH
Community Resource Centre for residents in the West of the Island
01624 843762
annehughes@thechildrenscentre.org.im

Douglas Family Centre, 90 Woodbourne Road, Douglas IM2 3AS
Family Centre for residents in Douglas and the East of the Island
01624 676076
info@thechildrenscentre.org.im

LEVEL 3 PROGRAMMES:

These programmes are aimed at providing specific, advice and support to any parent or carer on the Island who has specific concerns regarding their child's behaviour.

PROGRAMME:
PROVIDER



LEVEL
TARGET GROUP

VENUE
DETAILS:

COST -
CONTACT

QUIDZ IN
CARE FOR THE FAMILY



3
Parents/carers keen to learn how to teach their children to manage money wisely
VARIOUS
A new community programme for parents. Its unique blend of skills, information, and **practical, fun things to do at home with children**, helps parents teach them sound money management principles.

Various
Care for the Family. Tel: 491043
Email: mail@cff.org.uk

PROGRAMME:
PROVIDER



LEVEL
TARGET GROUP

VENUE
DETAILS:

COST -
CONTACT

DRUG PROOF YOUR KIDS
CARE FOR THE FAMILY



3
Parents/carers keen to learn how to teach their children to make **good lifestyle choices** when it comes to alcohol and drugs.

VARIOUS
The course aims to enable parents to feel more confident, skilled and better equipped to help their children make **good lifestyle choices** when it comes to alcohol and drugs

Various
Care for the Family. Tel: 491043
Email: mail@cff.org.uk

PROGRAMME:

Positive Parenting

PROVIDER



Care for the Family



LEVEL

3

TARGET GROUP

Parents/carers with specific issues or concerns regarding their children

VENUE

VARIOUS.

DETAILS:

Time Out for Parents

Time Out for Special Needs

Time Out for Juniors

Time Out from ADHD

Time Out for Teenagers

Time Out from ASD

Time Out for Dads

Time Out from Anger

COST

Various

CONTACT

Care for the Family. Tel: 491043

Email: mail@cff.org.uk

PROGRAMME:

PARENTING ENCOURAGEMENT THROUGH NEWSLETTERS

PROVIDER



CARE FOR THE FAMILY

LEVEL

3

TARGET GROUP

Parents/carers with specific issues or concerns regarding their children

VENUE

N/A

DETAILS:

Care for the Family provides Newsletters, to support parents including:

Single parents

Step families

Parenting a child with additional needs

Bereaved parents

Young widows and widowers

COST

Free

CONTACT

Care for the Family. Tel: 491043

Email: mail@cff.org.uk

PROGRAMME: **J.A.R.S** (Juvenile Alcohol Referral Scheme)

PROVIDER **Alcohol Advisory Service**



LEVEL **3**
TARGET GROUP Young people & parents' education & advice by the Police

VENUE
DETAILS: A course run in conjunction with the Youth Justice Team to enable parents to develop skills for dealing with underage drinking & alcohol education for young people.

COST Free
CONTACT: **Tel: 01624 627656, Mob 07624 426400**
there is a confidential answerphone after hours or email us on aas@iom.com

PROGRAMME: **Parenting Support and Advice**

PROVIDER **Educational Psychology Service**



LEVEL **2/3**
TARGET GROUP Parents requiring specialist advice
VENUE **School, home or Glencrutchery**
DETAILS Educational Psychologists (EPs) are part of the Department of Education and Children and work with schools to provide services to families and carers in support of their children and young people.
EPs in the Isle of Man work mainly using consultation. This is a supportive approach which uses the following process:
An issue or a concern is raised
There is shared exploration to clarify the issue
There is shared problem solving
This leads to shared target setting, planning for action and intervention
There is an agreed period of action and intervention
Progress is reviewed
Parental support interventions include advice on managing behavioural difficulties, managing school anxiety, responding to bullying and positive parenting approaches. Access to support from the Educational Psychology Service should come through your child's school

COST: Free
CONTACT: **Initially Child's Class Teacher; Head of Year; SENCO**

PROGRAMME: **Nurture Groups**

PROVIDER **Education and Children**







LEVEL **3**
TARGET GROUP Parents of children accessing nurture group provision
VENUE **SCHOOLS**
DETAILS Nurture Groups are small classes in mainstream schools that support children and young people who are struggling to get the most out of their education. Nurture Groups can offer support to parents who need extra confidence with their parenting. Nurture Groups do not feature in every school but the IOM now has 14 Nurture Groups in operation across the Island.

COST: Free

CONTACT: **For more information, speak with your child's class teacher or Head of Year.**

HIGHER LEVEL PROGRAMMES (4 & 5)

PROGRAMME:	Education Support Centre Advice	
PROVIDER	Education and Children	
LEVEL	4	
TARGET GROUP	Parents of children accessing the Education Support Centre	
VENUE	Education Support Centre, Glencrutchery School	
DETAILS	The Education Support Centre is based at Glencrutchery School and offers support to children and young people who are unable to maintain a fulltime mainstream placement in their school. Members of staff work in both the Primary and Secondary phase and are able to offer advice and support to parents.	
COST:	Free	
CONTACT:	Access to support from the Education Support Centre should come through your child's school.	

PROGRAMME:	Triple P Courses	
PROVIDER	Parenting Network	
	  	
LEVEL	4/5	
TARGET GROUP:	Parents struggling with the management of extreme and challenging behaviour in their homes	
VENUE:	Various	
DETAILS:	This inter-agency initiative is designed to provide intensive parenting training and support to referred parents experiencing severe or complex difficulties with their children.	
COST:	Free	
CONTACT:	Jo Gibson, Parenting Network Administrator. Tel: 685796 (j.gibson@doe.gov.im) Janet Bailey, Parenting Manager, The Children's Centre. Tel: 631933 (janetbailey@thechildrenscentre.org.im)	

PROGRAMME:

Solihull Parenting Courses

PROVIDER

Parenting Network



LEVEL

4/5

TARGET GROUP:

Parents struggling with the management of extreme and challenging behaviour in their homes.

VENUE:

Various

DETAILS:

10 weeks intensive parenting training focusing on developing a framework for promoting positive parenting and encouraging positive behaviour and support to referred parents experiencing difficulties with their children. Most appropriate for parents with children aged from birth to 14 years.

Provided either by The Children's Centre and Health Visitors or through the Nurture Group service in Schools.

COST:

Free

CONTACT:

Jo Gibson, Parenting Network Administrator. Tel: 685796 (j.gibson@doe.gov.im)

Janet Bailey, Parenting Manager, The Children's Centre. Tel: 631933 (janetbailey@thechildrenscentre.org.im)

APPENDIX

SUPPLEMENTARY INFORMATION

PROGRAMME

ROOTS OF EMPATHY

PROVIDER

**HEALTH VISITING/SCHOOL NURSING TEAM/
EDUCATION/THE CHILDREN'S CENTRE**



LEVEL

1

TARGET GROUP

All Year 2 Children

VENUE

SCHOOL CLASSROOMS

DETAILS

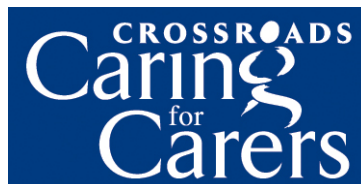
Universal programme in all primary schools across IOM to reduce anti-social behaviour and bullying and to teach children empathy.

COST

Free

CONTACT

Clare Horne, School Nurse. Tel: 642377



Crossroads provides bespoke work that is individually tailored to meet the needs of carers and the cared for. This is done via a diverse range of services to all ages and care needs with the long-term goal of providing sustainable respite to family members who look after them, whilst promoting the individual's self-sufficiency. Crossroads works with all ages from birth upwards to ensure that carers are able to enjoy a well deserved break safe in the knowledge that their cared for is being well looked after. Parents are able to enjoy the facilities of our specialist nursery, our one-to-one support in nurseries around the Island, our holiday scheme for children with additional needs and our Building Bridges project that supports young people with learning difficulties to achieve greater levels of independence and to enjoy social opportunities in a group setting. This enables parents to enjoy some time to themselves whilst their children enjoy stimulating fun activities.

CONTACT

Karen Davies. Tel: 673103