



Therapeutic Parenting Support

'I feel less alone, it's helpful to know it's not just us' -
quote from parent



Our range of group and 1:1 sessions support parents to build a more positive relationship with their child and help them to understand their behaviour

We work with parents who are concerned their child may have ADHD, or behaviours that make places and spaces unsafe to be in, or cause serious harm to themselves and others

Support Available

We recognise the challenges of reaching out and asking for help. Parenting can be isolating, especially if you feel you are the only one experiencing challenges.

As a team of experienced practitioners, we provide a non-judgemental space, validating your personal experience and celebrating all you do as a parent.

Incredible Years

12 week group programme for parents of children aged 4-11 years delivered both online and in person.

Personalised Individual Parent Training (PIPT)

In-depth 1:1 support programme delivered over 6 sessions to parents and children aged between 4-8 years

Guided Self-Help (GSH)

6 week in-depth support for one or both parents and carers of children aged 4-11 years

Our evidence based programmes offer the support and interventions recommended within Health Education England NICE guidelines

Key themes include:

- Why play is important and the benefits of taking time to play
- Using appropriate language to increase emotional literacy and manage emotions
- Recognising the positives and praising your child well
- Creating incentives and celebrating your child's achievements
- Creating appropriate boundaries
- Taking time to help your child calm down
- Understanding consequences, and how and when they are helpful

Join us!

Parents

You can enquire or register your interest in our groups by either;

- **email:** enquiries@lewishamcfc.org.uk
- **Call, text or leave a message:** 07377 724243

If you are working with a school or other professional, they can refer you using our [online referral form](#) via our website lewishamcfc.org.uk/support/



Read our blog posts from our Parent Practitioners on our website lewishamcfc.org.uk/blog/

- [Praise Helps Children Feel Good](#)
- [Half Empty or Half Full?](#)

Did you know?

- When your child is 'acting up', it is often their way of communicating something else that they aren't managing well.
- It takes 5 seconds for children to process an instruction and respond. Remember to give them time by counting in your head and don't expect them to do something straight away.
- Children don't always have the problem solving skills to work out what you DO want if you say to STOP doing something!
- If you ask for the behaviour you want to see, (instead of the behaviour you want to stop) you are more likely to get it! So be clear about the positive action you want.

Our Partnership with CAMHS

We work in close partnership with Lewisham CAMHS to deliver the Keeping in Touch project (KIT). This project offers support to parents awaiting an ADHD assessment or those awaiting treatment.

KIT has been established over many years and forms part of the pathway for children in the borough.

If your child has been referred to CAMHS for concerns regarding their behaviour, we encourage parents to engage with our groups alongside the assessment process.



Quotes from parents and carers about attending our courses

'Before I came onto these sessions I used to think there was something wrong with my child but after coming onto these sessions I learnt something about myself'

'I felt I wasn't believed before, it gave me confidence'

'My wife and I had a fantastic experience. What a fantastic service you provide, I can't thank you enough.'

More information about our Therapeutic Parenting Support:

- Currently EYA are the only provider working within the CYP IAPT framework to offer this intervention in Lewisham.
- We work within the NICE guidelines for treatment of children with Oppositional Defiance Disorder (ODD) and Conduct Disorder.
www.nice.org.uk/guidance/cg158/chapter/1-Recommendations
- CYP IAPT Principles In Child & Adolescent Mental Health services values and standards: [Delivering with and Delivering Well](#)
- Read more about Incredible Years on the website <https://incredibleyears.com/programs/parent/>
- PIPT is used in a variety of contexts and especially well at the Michael Rutter Centre. More information can be found here: www.nationaladoptionandfosteringclinic.com/pipt