



About the Parenting Programmes' Alliance

The Parenting Programmes' Alliance (the Alliance) was formed at the beginning of 2015 after discussions between the Race Equality Foundation, Family Links and Solihull Approach raising the need for a forum to enable programme developers' voices to be heard by engaging with policy makers and influencing commissioners. We appointed an independent Chair in January 2016.

The Alliance currently has membership who between them reach over 20,000 parents per year with evidence-informed parenting programmes.

We know that the provision of high-quality parenting programmes is a vital part of providing support to parents and families, and key to improving life chances for children and young people.

The Alliance is independent and engages with policy makers and influencers, as well as developers and providers of parenting programmes to change the narrative about parenting support.

Key goals are:

- To move parenting support from something seen as 'nice to have' to something understood as essential
- to improve outcomes for children and young people;
- To support high-quality, evidence-informed development and provision of parenting programmes.

Aims and objectives of the Alliance:

To work together to influence policy and practice in the development, commissioning and provision of parenting programmes by:

- Promoting and supporting best practice
- Sharing knowledge and experience
- Acting as the voice of parenting programme developers and providers

Family Lives provides the Secretariat for the Alliance.



About the members

Family Links the Centre for Emotional Health

Family Links vision is for every child and adult to realise their individual potential, enjoy positive relationships and live healthy and fulfilled lives. Our parenting programmes are underpinned by the Nurturing Programme and take a cognitive-relational approach, developing an understanding of behaviour in the context of relationships. There are programmes for antenatal parents and parents of pre-school, primary and teenage children. Adaptations are available for parents in prison, parents of children with additional needs and for Muslim parents. The experiential training courses to deliver these programmes, or work 1:1, provide knowledge, skills and strategies to build empathy and resilience, develop self-esteem and self-awareness, and manage feelings and behaviour. Outcomes include an increase in parenting self-efficacy, increased parental wellbeing, improved family relationships and a decrease in children's behavioural and emotional difficulties. Some of our training courses and parenting programmes have been adapted and can be delivered online.

Mellow Parenting

At Mellow Parenting, we know that stress in parents or carers has long-term negative effects on babies and children. Babies are most vulnerable in the first few months of their lives. It is not enough however to save the baby from the adverse consequences. To help the baby, we need to support the relationships in the family.

All relationships matter, dads, mums, grandparents, foster carers... anyone who gives the child a sense of security by being sensitively responsive and available. Our programmes aim to support parents' and carers' mental health and wellbeing and increase positive interaction for the child. Our family of evidence-based programmes are from pregnancy to preschool and beyond. COVID-19 created the opportunity for us to adapt some of our programmes to an online setting. We now offer training in our Mellow Bumps and Dads to Be, Babies and Ready programmes in an online group format.

Parent Gym

Parent Gym is a universal, evidence based parenting programme which builds the skills and confidence of parents of primary school age children. The programme is made up of weekly, two hour workshops supported with specially designed magazines. Our approach is interactive and practical. Each week parents choose a 'mission' to try out at home and report back to the group on successes and trials. The final workshop equips the parents to continue running their own mutual support group, which many of them go on to do. Independent evaluation shows that we successfully build parental self efficacy.



Strengthening Families, Strengthening Communities - Race Equality Foundation

Strengthening Families, Strengthening Communities (SFSC) is an evidence-based parenting programme offering parents and carers support, information and strategies to help them make a meaningful difference for their families. Violence prevention is at its core; promoting healthy lifestyles, healthy families and healthy communities. The approach empowers parents not only to improve their relationships with their children, but also to become advocates for their families and communities. In bringing people together from diverse ethnic and faith groups, with differing experiences, SFSC has also developed networks of support and improved relationships within communities over the shared vision of raising happy, healthy, successful children. SFSC can be delivered face-to-face in groups, and is also available as a six-week introductory online course that includes elements of individual and group learning. The SFSC team provides practitioner training, oversees fidelity and quality assurance and offers expertise around implementation as well as delivering interventions directly to families.

People

People's vision is that every family makes the most of everyday learning opportunities which improve life children's outcomes and help narrow the gap in attainment. Our mission is to help parents improve their children's life chances, particularly in less affluent areas, by making the most of everyday learning opportunities at home and in the community.

Our core purpose is to narrow the gap in attainment by supporting parents in raising their babies and young children to reach their full potential. We do this by developing interventions which support parents as their children's first educators, by training practitioners to work with families and by supporting the implementation of our programmes. We also deliver services directly to families including early learning and childcare, and help parents to gain qualifications which lead to further education or employment. In addition, we contribute to research and policy development in early years education.

Solihull Approach

The Solihull Approach is about improving emotional health and well-being through relationships. Solihull Approach is evidenced, developed 20 years ago, by CAMHS and community health practitioners dedicated to workforce development and parental support. The Solihull Approach model provides a framework for understanding, which leads to change. Resources, training and groups for parents have been developed for practitioners across the child and family workforce, for schools, pupils and parents, from conception to young adulthood. The model encompasses all relationships; parent to child and practitioner, between colleagues and between parents. Online courses, antenatal, postnatal and parenting 0-18 years are available for parents.



Parents as First Teachers is:

- A parent education programme for all families with children, pre-birth to age five.
- A strengths model, recognising that parents are the experts on their child
- A primary prevention programme, addressing unrealistic expectations of children, feelings of isolation and parental stress.

Parents as First Teachers goals are to:

- Increase parent knowledge of early childhood development and improve parenting practices.
- Provide early detection of developmental delays.
- Help prevent child abuse and neglect.
- Increase children's school readiness and school success.

Parents as First Teachers works with families:

- Through regular personal visits usually held in the home which provide opportunities to partner, facilitate and reflect with families to share age-appropriate child development and neuroscience information, address parenting concerns and support parents to observe their child's developmental milestones, and engage in positive parent-child interaction.
- Parents are invited to groups which mirror this approach and provide opportunities for mutual parental support.

The For Baby's Sake Trust (*known as the Stefanou Foundation until August 2020*)

The For Baby's Sake Trust works to address the root causes of complex challenges, focusing on initiatives which aim to disrupt cycles of disadvantage, trauma and poor outcomes across generations. The Trust's flagship programme, For Baby's Sake, works with expectant co-parents to break cycles of domestic abuse and early childhood trauma and give their baby the best possible start in life. There are now four For Baby's Sake area-based services, including the two prototype sites in London and Hertfordshire, operational since April 2015, and those launched in Cambridgeshire and Blackpool in August 2019 and January 2020 respectively. The Trust will launch the new For Baby's Sake CONNECT service during autumn 2020, developed organically as a result of the overwhelmingly positive experience of using audio and video technologies during the COVID-19 lockdown, to make the programme accessible to families living in areas without a dedicated For Baby's Sake team.

Family Lives

Family Lives provides the Secretariat for the Alliance. Family Lives is a national family support charity supporting vulnerable families across England through online and face to face services.



Approachable Parenting

Approachable Parenting provides evidenced based parenting programmes mainly to BAME families, since 2007. Our programmes and services were developed because parents wanted help with issues from an organisation which understood their backgrounds, culture and beliefs. We work with parents to help them to explore practical strategies, develop their parenting skills and to adapt their parenting to the modern environment, resulting in the enhancement of the whole family structure. Furthermore we have excellent results and extensive evidence of improvements for children who have complex emotional and behaviour issues. Our teaching and learning models are based on attachment, behavioural, social learning and family systems theories, which enhance the skills and knowledge of the parents.

- '5 Pillars of Parenting' Pregnancy and Beyond
 - '5 Pillars of Parenting' Pregnancy - 3 years programme
 - '5 Pillars of Parenting' 4-11 years programme
 - '5 Pillars of Parenting' Teens programmes
- COVID-19 services are online.

Are you looking to join the Alliance?

We invite membership of the Alliance from individuals and organisations which have developed parenting programmes that are being delivered in the UK, or those who have introduced established programmes into the UK at scale.

To be delivered at scale, the programme should include the following:

- Delivery will be in more than one location
- Replicable via training and manualising;
- Evaluated and demonstrable outcomes
- Demonstrable quality assurance standards and processes. E.g: recruitment, induction, ongoing training and development, and supervision

You will then become linked into a growing network of parenting programme developers. Furthermore, you will enjoy access to networking opportunities, tailored events, and workshops.

Find out more about applying at www.parentingprogrammesalliance.co.uk