

# PPDG

Parenting  
Programme  
Developers'  
Group

A working group of **parenting**UK  
*part of Family Lives*

## Parenting Programme Developers' Group

### About the group

The PPDG was set up to ensure programme developers have a voice in the UK and continue to raise awareness of the impact of high-quality and effective programmes, and help ensure that more parents can benefit from parenting programmes.

Dorit Braun is the independent chair of the PPDG. Dorit has long experience of developing family and parenting education and support services. She led the series of mergers to establish FamilyLives, and since her (early) semi retirement has undertaken a variety of interim roles in the social care and family sectors, including working for the Social Care Institute for Excellence, the College of Social Work, One Plus One and Family Rights Group.

The PPDG is facilitated by Parenting UK, part of Family Lives.

### Current members

Approachable Parenting  
Family Links  
Mellow Parenting  
Middlesex University, FAST  
UK  
Parent Gym  
Parents as First Teachers  
People  
Strengthening Families,  
Strengthening  
Communities -  
Race Equality Foundation  
Solihull Approach - Heart of  
England NHS Foundation  
Trust  
The Stefanou Foundation



# Meet our members

## **Approachable Parenting**

Approachable Parenting have been delivering evidenced based programmes for over ten years, mainly to Muslim families. Our programmes were developed by bedding psychological principles within an Islamic framework, resulting in significant differences in parent and child outcomes. However, we work with parents from all backgrounds, cultures, faiths and no faith, to support them in developing a positive family structure, by providing a safe environment which is trusted by parents to explore problems and learn techniques which are incorporated into the family. Our work has a direct influence in empowering parents to develop a good bond with their child right from pregnancy to 18 years.

## **Mellow Parenting**

Mellow Parenting has developed group programmes from pregnancy to preschool, for parents with difficulties including depression, anxiety, addictions, domestic abuse and child protection concerns. New programmes are being evaluated for parents with learning difficulties, and parents supporting children with disabilities. Mellow Parenting recognises the fundamental importance of relationships. Programmes are based on attachment and social learning theories. Parents are given personal support with their own issues alongside parenting workshops based on detailed strengths-based video feedback. Evaluation ensures programme fidelity. Successful engagement of the most vulnerable families, low attrition rates and strong outcomes show that the programmes are effective.

## **Family Links**

Family Links has 20 years' experience providing training and resources for a range of programmes that empower adults and children aged 0 - 19 to lead emotionally healthy lives and build positive relationships in school and at home. The award-winning training courses provide knowledge, skills and strategies to build empathy and resilience, develop self-esteem and self-awareness, and manage our feelings and behaviour. Outcomes are an increase in parenting self efficacy, increase in parental well-being and attachment, increase in children's prosocial behaviour, decrease in children's behavioural and emotional difficulties and reduction in referrals to social care.

## **Middlesex University – Families and Schools Together (FAST) UK /Good Start Great Start**

FAST is a multi-family group programme designed to build protective factors for children. It focuses on the transition periods in a child's education; 3-5 year olds in primary and 1st years in secondary. It aims to empower parents, promote social inclusion, and strengthen relationships within schools and the wider community. Parental engagement with their child's education is important for all parents, irrespective of background, ethnicity or personal experience. With this in mind Middlesex University has recently developed a new programme for pre-school children, Good Start Great Start which helps parents to develop their knowledge and skills to support their child's education from the beginning.

## 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 supports parents not only to improve their relationships with their children, but also to become active citizens and advocates for their families. 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 and successful children.

## Parents as First Teachers

A strength-based interactive programme, working with parents of children pre-birth to 5 years. Its core values are:

- Parents are their children's first and most influential teachers
- Early years are critical for optimum development
- Based on current research into neuroscience and child development, a high quality flexible programme, which is interactive and responsive, is provided through regular personal visits by trained, certified workers partnering with the family
- Parents are enabled to expand, nurture and enrich the child's learning experience, whilst developing and strengthening a nurturing parent-child relationship.

## Peep

Peep is a charity, whose main purpose is to support parents/carers, babies and children to learn together – by valuing and building on what families already do. The Peep Learning Together Programme aims to improve parenting skills and the quality of the home learning environment in the Early Years – because research shows that these make the biggest contribution to narrowing the gap in children's outcomes. We work directly with families in Oxfordshire and we train practitioners from around the UK (and beyond) to deliver the Programme. We also run the Peep Pre-school in Oxford.





### **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.

### **The Stefanou Foundation**

The Stefanou Foundation 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 Foundation launched an innovative programme in April 2015 addressing the specific risks for babies born into families where there is domestic abuse, 'Healthy Relationships: Healthy Baby'. In June 2017, it was given a new name and a preceding strapline, 'Breaking the Cycle – For Baby's Sake'. For Baby's Sake is a programme for expectant parents, whether they wish to remain together as a couple or not, who want to bring an end to domestic abuse and break free from the pain it causes, to their unborn baby in particular, for whom they want the best possible start in life.

# Keep in touch

**Approachable Parenting** - <http://www.approachableparenting.org.uk> / @5PillarsParent

**Family Links** - <https://familylinks.org.uk> / @FamilyLinksUK

**Mellow Parenting** - <http://www.mellowparenting.org/>  
@MellowParenting

**FAST** - <http://www.familiesandschoolstogether.uk>

**Good Start, Great Start** - <http://gsgsmdx.com>

**Parent Gym** - <http://parentgym.com> / @ParentGym

**Parents as First Teachers** -

<http://www.parentsasfirstteachers.org.uk>

**Peeples** - <https://www.peeples.org.uk> / @PeeplesCentre

**Strengthening Families, Strengthening Communities** -

<http://www.raceequalityfoundation.org.uk/sfsc> / @ refsfc

**Solihull Approach** - <http://www.solihullapproachparenting.com> /  
@SolihullApproach

**The Stefanou Foundation** - <http://www.stefanoufoundation.org/>  
@ StefanouFoundat

**Family Lives** - <http://www.familylives.org.uk> / @FamilyLives