



## Breaking the cycle

Plus all the latest news,  
training, resources and events

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## Recognising the role of parents

December seems to be the month to talk about the importance of parenting, with Frank Field's poverty review, the Unicef report on child inequality and the public health white paper all recognising the important role of good parenting and supporting families in improving child wellbeing and outcomes.

It was with great pleasure that we read Frank Field's recommendations that all new parents should automatically be offered parenting classes, and we hope one day soon that this will become a reality.

As I write this, we have just celebrated our 15th Anniversary at our annual conference with speakers including Baroness Walmsley, Mary Crowley, former chief executive of Parenting UK, and the Minister Tim Loughton MP who urged all local authorities to "consider both the social and economic evidence and treat parental support as an absolutely essential service rather than a disposable one."

We are very pleased that the Minister recognised the work of Parenting UK and all our members and

stressed the importance of getting support for the most vulnerable families right the first time.

It was lovely to see some of the founders and patrons of Parenting UK gathered altogether, including Matthew Taylor who was a most entertaining host for our Parenting Question Time. We hope this will become an annual event.

All of us at Parenting UK wish you a very restful holiday season – especially deserved during these times of uncertainty.



Pamela Park, Chief Executive

## Breaking the cycle – supporting families to break inter-generational cycles of deprivation and neglect

Written by Hannah Dobbin, Policy Manager, Action for Children

Action for Children works with tens and thousands of the most deprived and marginalised children and young people in the UK and believes that the answer to breaking the cycle of deprivation lies in providing impactful early intervention services. This year 700,000 children will be born. Each one will be full of potential. But right from the start, some will struggle. Around 50,000 children born this year will already have begun the journey that their parents took to the margins of society. They will live in families who struggle with a range of problems, including mental ill health, domestic violence, long-term unemployment, and drug and alcohol misuse. Through targeted early intervention services, children and families can be supported to break inter-generational cycles of deprivation and thrive.

Parenting is the most critical influence on children's lives. However, parents' ability to provide for children is undermined by poverty, particularly where it is persistent and compounded by access to and lack of resources, and education. When children are faced with multiple risks, such as parental unemployment or parents with mental health issues, the risk of them developing psychosocial problems increases dramatically.

Children living in deprivation, both in family life and in the community, are often less likely to have access to external systems of support and it becomes necessary to develop resilience. Families experiencing deprivation are more likely to include: lone parents or step-parents; teenage parents; a child with a disability; children under five years of age; and unemployment.

Action for Children knows that the best way to break inter-generational cycles of deprivation and neglect is by working with vulnerable families, providing them with the support they need at an early stage. Action for Children's evidence-based early intervention services not only deliver significant social benefits they also save money. Research carried out for Action for Children by the New Economics Foundation (nef) shows that if we focus on early intervention, the economy could save a staggering £486 billion over the next 20 years.<sup>1</sup> To be effective, interventions need to be put in place as early as possible. In particular, early intervention with very young children is likely to prove the most effective tool with positive long-term outcomes. Early intervention means recognising and tackling problems with

targeted support as soon as they become apparent.

Families living in deprivation often have high aspirations for their children but find it difficult to overcome the obstacles in their way, including poor literacy. Through targeted support we know that it is important to make parents aware of their role in building a child's aspirations. This can be achieved through providing outreach to parents and children, early years initiatives and local mentoring projects.

Action for Children has proven success in operating services that support vulnerable children, young people and their families on a universal basis. These universal and targeted services address the drop off in impact once an intensive intervention has ended, having a great effect on successfully tackling problems and breaking the cycle. The universal reach is important in terms of avoiding stigma as well as ensuring the earlier identification of emerging problems. As families' needs change, they are able to join other tailored programmes, supporting them for as long as it takes. Children's Centres link health, social and education services to provide integrated services that act as a lifeline to vulnerable children, young people and families and can prevent family breakdown and avoid social problems.

Action for Children provides a wide range of targeted parenting programmes that meet local families' needs. For example, 'Empowerment for Parents' is a programme designed to provide targeted and culturally sensitive support for black and minority ethnic parents. Another programme, 'Incredible Years', is aimed at helping parents of young children with behavioral problems. These services provide cost-effective, community-based prevention programmes to improve social competence, reduce risk factors, such as youth offending, drug abuse or violence, helping to break the cycle of inter-generational deprivation.

Another key support area is strategic family therapy, which provides targeted support for families with children and young people aged 8–18 who are at risk of behavioral problems such as substance misuse and crime. By taking the whole family approach, Action for Children is able to provide the necessary support designed to help break the cycle.

Action for Children knows that vulnerable families can be caught in a cycle of deprivation. Parents who have suffered in childhood themselves may have limited or no parenting model to draw on. To break long-term cycles of suffering, families need targeted support that focuses on their particular needs, without putting a label on them. Services need to be available to give vulnerable families a chance to seek help at an early stage before problems escalate out of control. In a time of financial cuts, it is short-sighted and a financial own goal not to recognise that by intervening at an early stage, we can help prevent young people from getting trapped in the same cycle of deprivation that has trapped their parents and grandparents.

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### Lorraine's story

Lorraine is not yet 20. She walked out on school at 14. Five years on, she has two children, aged three and two. She has no qualifications, suffers from depression and regular asthma attacks. She has an on-off relationship with the children's father, but he doesn't live with her. The next five years will shape her children's lives in the same way the last five shaped her.

Lorraine is referred to a Children's Centre. She attends parenting classes. She makes friends and swaps experiences. At the centre, her children make friends. The centre puts her in touch with a counselling service and for the first time she starts talking about her own childhood.

She learns about creative play. Her children make great progress. Her relationship with her youngest improves.

She takes literacy and numeracy classes so that she can help her children with homework when they get older. She qualifies and gets a job in a local shop.

The centre contacts a housing officer. She meets them about a new place. She feels calmer and her children are more relaxed. The asthma attacks are less frequent.

Both children are now settled at school. They see their father regularly and are thriving.

The cycle is broken.



## Supporting the 'under-parented' parent

Written by Fiona Strachan, AdoptResources

The importance of the early years in laying the foundations for key life skills is well recognised and the long-term impact of abuse or neglect in infancy is becoming more evident, with poorer outcomes in social, emotional and mental well-being in later years reported by a number of researchers.<sup>1,2</sup>

Children in care are reported to have poorer educational outcomes than their peers throughout their education and higher levels of unemployment. They are more likely to have at least one mental health problem, spend time in prison, and young women aged 15-17 years who have been in care are three times more likely than their peers to become young mothers.<sup>3</sup>

The impact of poor parenting can set up a vicious circle where poorly parented parents do not have the emotional skills or resources to parent their own children effectively or offer a secure attachment base,<sup>4</sup> repeating the problems they experienced with a knock-on effect on their children. It is worth noting at this stage that, although the risks are high, not all children who have suffered early abuse or neglect go on to become poor parents. Individual circumstances, resilience, key adult figures and positive relationships can help to reduce some of the negative impact of adverse early experiences.

### Service provision

Parenting support for the 'under-parented' parent can come from a variety of sources and not necessarily from a service focussed on the care leaver or adults who have experience of the care system.

As a result of the higher teen pregnancy rate in LAC or care leavers, teen pregnancy support services are likely to provide services to this group. There may also be social work or primary care referral to generic parenting support programmes.

There are a number of fostering schemes throughout the UK which now offer parent and child placements. The foster carer offers support and guidance to the parent to help them develop their parenting skills and confidence. Again, this service is not specifically offered to teen parents or parents who have experience of the care system.

### Messages from practice

The positive influence of a good relationship between the teen parent and their own parent was highlighted in October's News Bulletin.<sup>5</sup> When this type of support is not available from the family, mentoring schemes or the parent-child foster placement can provide a positive and supportive influence. Sure Start Plus pilot programmes have highlighted a number of ways of working with young parents effectively.<sup>6</sup> These include, making services informal and centred around young people; drop-in services; accessible venue; close links with other services that the young person is already accessing; provision of childcare; parenting support; the inclusion of young fathers in services as well as young mothers; support aimed at the parents' general health and well-being.

Given the risk factors identified and the impact of early trauma and neglect highlighted earlier, an important

component of working with this group of parents is in allowing them opportunities to develop their emotional and social well-being and not just offering training and advice on parenting strategies. In a study of adolescent mothers, higher self esteem appeared to be linked with more empathy and a better understanding of child development.<sup>7</sup> As low self-esteem is common in children who have suffered abuse or neglect, programmes that help the parents address some of their own issues will help them to develop emotional resources to deal with the challenges of parenting. The inclusion of group work and peer support has also been shown to be effective in empowering vulnerable parents and allowing them to develop confidence in their parenting skills.<sup>8</sup>

An important factor to consider when working with this group of parents is that while some may have the skills to meet the physical needs of a young baby, they may not have the parenting skills or resources to deal with the child as they become more independent and challenging. Opportunities for follow-up are vital, as is keeping the service accessible.

### Summary

Although the 'under-parented parent' may not be focus of a particular service, it is likely that they will access or be referred to parenting support programmes. Inclusion of activities that will promote their social and emotional well-being, alongside parenting advice and support, seems likely to offer better long term benefit in this vulnerable group of parents.

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## Frank Field recommends all new parents are offered parenting classes

Parenting UK greatly welcomes the report of the Independent Review on Poverty and Life Chances and its recognition that increasing a family's income is on its own insufficient to improve the life chances of poor children and that a new approach is needed to tackle child poverty in the UK.

It is highly refreshing to see the views of people who have worked in the parenting field for many years so clearly reflected in this report, recognising the overwhelming evidence that it is good parenting and home learning and development in the first few years of a child's life which matter more than money in determining their future. We strongly support the report's call for all new parents to be routinely offered parenting classes and for ante-natal and post-natal classes to have a greater emphasis on parenting. We believe this will contribute to a cultural shift towards ensuring that learning to be a better parent is seen as normal – and an everyday activity.

We are especially pleased that the report calls for greater public understanding of how babies and young children develop and the type of parenting needed to ensure they progress healthily.

Pamela Park, Chief Executive of Parenting UK says: "We believe the report's recommendations will help to cement the importance of the early years in the minds of both parents and local authorities. Ensuring that services provided by health and education are joined up and that parents receive a seamless service will ensure more parents benefit from support to help them give their children the best start in life.

"We hope that the Government will take heed to the recommendations in this report and encourage local authorities to recognise the importance of investing in the early years, including providing support for parents, to improve outcomes in the future and help bring more children in the UK out of poverty and into good parenting."

Parenting UK recently recommended that children should undertake a GCSE in life skills to equip them with the skills needed to cope with relationships, and demands of parenting and family life. We are pleased that the report calls for the Department of Education to include education on parenting and life skills in the curriculum.

We also would reiterate the report's recommendation that the Government's Behavioural Insight Team recognises the importance of "spreading as widely as possible at every level of society the best practices on nurturing and parenting". We believe a holistic approach should be adopted which recognises that dynamics within a family are interrelated, looking at family relationships as a whole, both parent-child and between the couple.

## UK lags behind in new family fairness league table

The first ever international Fairness in Families Index places UK 18 out of 21 countries. The UK ranks in the bottom 4 in a groundbreaking new 'Fairness in Families' index showing countries' ability to support equal parenting, launched by the

Fatherhood Institute.

UK families get a raw deal on paid paternity leave, time spent caring for children and men and women's pay, the Fairness in Families Index reveals. Despite Coalition Government claims to make Britain the 'most family-friendly country in Europe', the Index proves the UK "still has a long way to go", says Rob Williams, Chief Executive of the Fatherhood Institute.

The Index is the first of its kind, drawing on OECD data and validated by an international advisory panel. It ranks 21 countries on a set of 10 'family fairness' indicators, including parental leave, the ratio of men's to women's time spent caring for children, the proportion of women in management roles, the percentage of men in the part-time workforce and the amount of time spent by men and women doing unpaid domestic work.

Despite the UK faring well on indicators including per capita spend on childcare, taken together across all 10 indicators, the UK comes a lowly 18th out of 21 countries, with only Japan, Austria and Switzerland being less 'family-friendly'.

Rob Williams, Chief Executive of the Fatherhood Institute, said: "The Fairness in Families Index gives a benchmark for where Britain stands in terms of how far policies allow families to share parenting and be more 'equal'. Parents' choices are restricted by an outdated distinction between fathers as breadwinners and mothers as home-makers. There is clearly a long way to go if we are to become 'the most family-friendly country in Europe' as the Coalition has pledged."

The Fairness in Families Index reveals:

- In Finland [ranked 1], men spend 52.8 minutes caring for their children for every hour spent by women. In the UK [ranked 12], men spend 32.4 minutes for every hour spent by women
- In Sweden [ranked 1], men get a maximum of 40 weeks full-time equivalent paid leave for men following the birth of a child. In the UK [ranked 15], it is 2 days
- 37.7% of the part-time workforce in Denmark [ranked 1] is male, as opposed to 24.2% in the UK [ranked 13]
- The difference between median earnings of men and women is 21% in the UK [ranked 15]. In Belgium, which tops the rankings for this indicator, the gap is 9.3%

Rob Williams said: "We need to establish a better framework in the UK to support equal earning and caring. Numerous studies have shown that the old concepts of man as breadwinner and woman as home-maker are not what young couples aspire to – and that being pigeonholed into such roles damages couple relationships. Much more needs to be done to make families fairer – and getting the paternity leave system right is a good place to start."

[www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

### Is your job on the line?

Parenting UK wants to know what the future holds for parenting support across the UK. How many vital services are going to disappear, where will vulnerable families go for help? We want to know what's happening in your area to help us understand the future landscape of parenting support. Visit [www.parentinguk.org](http://www.parentinguk.org) to take the survey

## Children's Workforce Development Council to lose Government funding

It has been announced by Children's Minister Sarah Teather that the Department for Education will no longer be funding the Children's Workforce Development Council. The Secretary of State for Education has written to the chair of CWDC to confirm the decision.

In the letter, the Secretary of State praised the hard work and dedication of CWDC's staff and acknowledged its significant contribution in leading workforce reform and improving life chances for children and young people since it was established in 2005.

Michael Gove confirmed in his letter that the Department's staff will work closely with CWDC on a detailed plan for the transfer of work, to ensure that current business continues to be delivered and essential business maintained. The Department's officials will work with CWDC to continue to secure employers' engagement in workforce development. The transfer is expected to be completed by the end of 2012. Jane Haywood, Chief Executive at CWDC, said: "We are naturally very disappointed with this decision. We have achieved much to be proud of over the last five years and our legacy will be a long one.

"We have demonstrated that by focusing on the needs of children and families and listening to employers, it is possible to create a better qualified and supported workforce empowered to improve young people's lives.

"We will be discussing with government officials and our partner organisations next steps to transfer work so we can continue to make a difference to children, young people and families.

It is our intention to continue to support the children's workforce as a sector skills body. We know that top quality services are delivered by top quality staff. In these challenging times, more than ever, employers need support to develop their workforce."

## Government commits to doubling the number of families supported by Family Nurse Partnerships by 2015

Health Secretary Andrew Lansley has pledged to double the number of disadvantaged young families who will get intensive support from a health visitor for the first two years of their baby's life.

The Family Nurse Partnership is based on 30 years of American research which has shown that early intensive intervention for disadvantaged families and young parents can have significant benefits, reducing the risk of abuse and neglect and improving language ability and fitness to start school.

Family Nurse Partnership pilot schemes under the Labour government have been running in the UK since 2007. 6,000 families already benefit. The increase to 12,000 will be made possible by the announcement of a drive to recruit 4,200 more health visitors.

## Call from Westminster Council member to introduce whole family services

Westminster Council's lead member for children and young people, Nickie Aiken, has said that commissioning services for whole families improves outcomes and saves money.

At the national council for elected members she said: "Instead of having a mental health support worker, an adult social worker and a drug and alcohol team worker to help the mum, then having a mental health support worker, a youth worker and involvement with the youth offending team, commissioned by children's services, I think we need to move to a position where family support is commissioned in one place.

"That's what a family services department could provide. We've already seen the benefits of a whole family approach through our own family recovery programme. So I'm going to be working closely with officers to see if family services is an idea that can be realised."

Aiken urged councils to think creatively and not be scared to come up with with new ideas for the way services are delivered.

## Fathers need access to flexible working hours to deal with stress of parenthood

A new report from Working Families has found that a fifth of fathers have sole responsibility for childcare at some point in the working week and just under half provide before or after school care, but flexible working for men is still rare.

CEO of Working Families, Sarah Jackson, said: "The pressures of combining work with being a dad are squeezing many men to feel more psychologically stressed and less effective at work. Flexible working is a good way to alleviate some of this stress. Men who have a better balance between work and home life tend to be happier and perform better at work."

To download the full report go to: [www.workingfamilies.org.uk/about-us/press-room/dads-more-stressed-with-one-child-than-two](http://www.workingfamilies.org.uk/about-us/press-room/dads-more-stressed-with-one-child-than-two)

## The Government's white paper on public health policy

The Department of Health's new white paper aims to kick start a radical shift in the way public health challenges are tackled. Focusing on "lifestyle-driven health problems", it offers an approach that "empowers individuals to make healthy choices and gives communities the tools they need to address their own particular needs".

The paper, titled "Healthy Lives, Healthy People: Our Strategy for public health in England" announces the 2012 launch of a new service called "Public Health England". Taking a holistic approach to health and well-being throughout life, with a strong focus on the importance of maintaining mental health, it lays out a strategy to support local authorities in encouraging people to maintain their own healthy lifestyles.

The paper's 'throughout life' idea looks at key transitional life stages, starting with the early years. It stresses the importance of tackling the root causes of health problems, highlighting the links between healthy lifestyles, good mental health, and increased life expectancy.

A key element of this is on giving every child 'the best start in life' and the importance of supporting parents is acknowledged – a promising development to see in a health white paper. The paper also commits to an increase in health visitors, with an aim of doubling the number of families being supported by the Family Nurse Partnership by 2015.

Parental well-being plans include an increased focus on maternal mental health, and reducing smoking and obesity. Maternal mental health has been linked with low birth weight and infant death, but also in the longer term with children's emotional and intellectual development.

There is currently a 70% disparity in the risk of infant death between richer and poorer areas, and the new plans aim to tackle this by focusing on those at greatest risk – significantly teenage mothers, and mothers living in poorer areas. Carers are also set to receive increased support, with £400 million being made available through the NHS to support carers' breaks.

The positive impact of parenting programmes is highlighted as significant for parents' and children's well-being and mental health. In relation to tackling child poverty, the paper offers a commitment to investigating intensive intervention models such as Family Intervention Projects and group parenting programmes for vulnerable families. The Healthy Child Programme will include breastfeeding support and "a range of proven preventative services".

The plan for children and young people's well-being is targeted around lifestyle and risky behaviours, with the aims of reducing drug use and teenage drinking, preventing sexually transmitted infections and road deaths, and reducing childhood obesity.

The influence of family, environment and social circles is acknowledged here as being impactful on general health and wellbeing – urban areas with reduced access to green spaces, for example, are less conducive to an active lifestyle. To this end, the Change 4 Life programme is set to be broadened into a more holistic approach, wherein parents will be encouraged to talk to their children around issues that affect their lifestyle and well-being.

The influence of parents in particular is noted, and strong

parent-child relationships are encouraged, with an aim of boosting children's mental health to support a healthy lifestyle. The Department of Health makes a commitment to working with the NHS to deliver high-quality universal services in order to ensure the strongest outcomes for children and their parents.

## Parentline Plus merger with Bullying UK

Bullying UK, the UK's leading anti-bullying charity, has merged with Parentline Plus, part of the Family Lives Group.

Bullying is already on the Parentline Plus agenda – they recently launched their Dealing with Bullies briefing paper as 5 per cent of 'long calls' to its helpline were from parents concerned about bullying.

Parentline Plus CEO, Jeremy Todd, said: "We believe combining the skills, expertise and profile of Parentline Plus and Bullying UK will enable us to support parents to find the best way through issues relating to bullying and the problems associated with it.

"John Carnell (Bullying UK CEO) is a welcome addition to Parentline Plus's digital media team and his knowledge and expertise will help us increase still further the breadth and scope of our work supporting families throughout the UK."

Bullying continues to be a major issue for families. Combining the skills, expertise and profile of Parentline Plus and Bullying UK will enable them to support parents to find the best way through issues relating to bullying and the problems associated with it. Their bullying information can now be found at [www.bullying.co.uk](http://www.bullying.co.uk)

## Parents are the most important influence on young children's attitudes to alcohol

The study examined how parents teach young children aged 5-12 about alcohol. It explored parental attitudes towards alcohol, and family drinking practices, using a national survey and in-depth case studies. It found that:

- Parents are the most important influence on young children's attitudes to alcohol;
- Parents are largely successful at conveying the social pleasures and risks of drinking at home and the message that alcohol should be consumed in moderation;
- There are gaps in what children learn from home such as the health consequences of drinking and the potential risks of drinking outside the home.

To download the summary and full report go to: [www.jrf.org.uk/publications/alcohol-consumption-family-life](http://www.jrf.org.uk/publications/alcohol-consumption-family-life)



## Revised National Occupational Standards

Lifelong Learning UK (LLUK) is the Sector Skills Council for over 57,000 employers across the UK including those who work with parents. Sector Skills Councils are independent bodies that help employers in their particular sector by ensuring that the workforce has the skills and knowledge it needs to meet the changing demands for learning, development and qualifications. As part of our role we work in consultation with a wider range of employers, partners and stakeholders to develop National Occupational Standards (NOS). NOS describe what a person needs to do, know and understand in their job, in order to carry out their role in a consistent and competent way.

In March 2010 the work with parents sector co-ordinated by NAPP developed a new functional map to reflect changes in the workforce since 2005. There was great enthusiasm from the working group involved with the development of the mapping and it was positively received by the sector. Consequently, there was a strong appetite to revise the NOS for those who work with parents, in line with the new functional map.

Following discussions with key stakeholders and organisations across the UK who represent the work with parents workforce, and after public review with practitioners from the wider work with parents sector, Lifelong Learning UK has now revised the standards to make them more streamlined and reflective of current good practice.

The revised standards are applicable to practitioners who work with parents as the main purpose of their role, and they also apply to practitioners who may work with parents as a part of their role. Work with parents may appear in a variety of settings, for example within health, social care, childcare, playwork, youth work, social justice or within a community setting.

On 9 December The Department for Business, Innovation and Skills decided not to relicence Lifelong Learning UK in its own right. Lifelong Learning UK are in talks to identify the best alternative arrangements, and details will be announced in due course. In the meantime Lifelong Learning UK will continue to deliver on its plans and commitments.

## New CWDC training offer! Work With Parents Level 3 and 4 Awards

CWDC are pleased to announce that the new offer of up to 600 training places for parenting practitioners on Level 3 and Level 4 Work With Parents Awards is now open for applications.

The Level 3 and 4 Work With Parents qualifications, accredited by City and Guilds, help practitioners build on their skills and capacity to enable them to effectively support parents and families and improve outcomes for families and children. The Level 4 qualification is particularly relevant for practitioners delivering intensive support to families who have

multiple and complex needs.

This training offer is for practitioners working with parents and families from the following priority services:

- Key workers providing intensive support to families with multiple and complex needs, for example family intervention key workers.
- Practitioners working in Sure Start children's centres.
- Practitioners supporting extended services in schools.

These qualifications enable practitioners to increase their skills, knowledge and confidence to deliver more effective parent and family support services.

Funded by the Children's Workforce Development Council, the offer is being delivered by ARISE Development and the delivery of qualifications will start from January 2011. Full information and details for online application are now live at [www.workwithparents.co.uk](http://www.workwithparents.co.uk) Practitioners are encouraged to complete their applications as soon as possible to avoid disappointment.

All the information you need is on this website, however if you do have any further queries, feedback or would prefer not to apply straight away but still register your interest please email the CWDC team at [WWPTraining@cwdcouncil.org.uk](mailto:WWPTraining@cwdcouncil.org.uk) Your details will be passed on to the training provider in your area if you are registering interest.

## Loughton – parental support is an essential service

In his speech at Parenting UK's 15th anniversary conference on 13 December, Tim Loughton MP made a direct plea to every local authority in the country to "consider both the social and economic evidence and treat parental support as an absolutely essential local service rather than just as a disposable one."

The Minister began his speech by highlighting the growing understanding of the negative outcomes of poor parenting on children and that public policy must reflect this in terms of getting the policy right for families. The Minister recognised in his speech the importance of the first few years of a child's life. He also acknowledged that it is not just families with multiple problems who need help, and highlighted that some families just need a small nudge in the right direction.

The Minister said "These are incredibly tough times financially... but this is no time for unflinching devotion to facts and figures... that ignore the social cost of withdrawing family support but also the economic cost... with all the evidence showing that parenting support that is based on sound scientific principles and consistently delivered by appropriately trained and supervised practitioners can significantly reduce risk factors in families and improve outcomes for children, young people and their parents and reduce the burden of costs that these families place on local services and society at large".

Mr Loughton acknowledged that these are tough times and that there is a great deal of uncertainty in the sector. He urged local authorities and heads to, "use the financial autonomy to consider family and parenting support in their decision making". He called on communities to support parents most in need and to use organisations like Parenting UK and its members to drive social and economic change in local areas.



## Online

### Made to Measure

Made to Measure is intended to be used by a wide range of people, including frontline staff; service commissioners; policy-makers; and by young adults themselves. The easy to follow, magazine style format gives information in a clear and accessible way. It is designed to highlight the important work of key services working exclusively with young adults, and inspire and encourage others to create similar projects. The guide will also be useful for young adults who want more information about helpful organisations in their area.

This guide is for anyone:

- interested in finding out more about 'promising practice' in the area of bespoke services for young adults;
- wanting hints and tips about ways of working more effectively with young adults;
- thinking about starting up a project or service with young adults;
- needing a useful resource outlining a wide range of services and projects with a specific focus on young adults.

<http://youngpeopleinfocus.fastnet.co.uk/madetomeasure>

### Beating domestic violence – survivor's handbook

This free Survivor's Handbook, from Women's Aid, provides practical support and information for women experiencing domestic violence, with simple guidance on every aspect of seeking support. The handbook is also available in eleven other languages including Urdu, Punjabi and Bengali. [www.womensaid.org.uk](http://www.womensaid.org.uk)

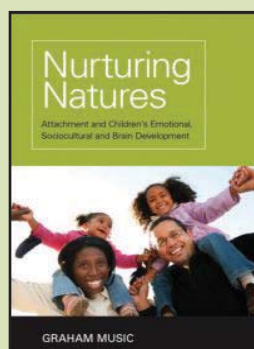
### Child poverty needs assessment toolkit

Growing up in poverty has a significant impact on children and young people both during their childhood and beyond. The child poverty needs assessment is the chance to highlight what this means locally and how local authorities can respond. This resource is for individuals and groups who will lead on understanding family poverty locally. It will help in providing the underpinning information and insights to develop strategies that can reduce and mitigate against child poverty. [www.idea.gov.uk/idk/core/page.do?pagelD=22025996](http://www.idea.gov.uk/idk/core/page.do?pagelD=22025996)

## Reports and books

### Grasping the nettle: early intervention for children, families and communities

This report demonstrates the challenges and opportunities in supporting children, families and communities through early intervention, based on effective local, national and international practice. [www.c4eo.org.uk](http://www.c4eo.org.uk)



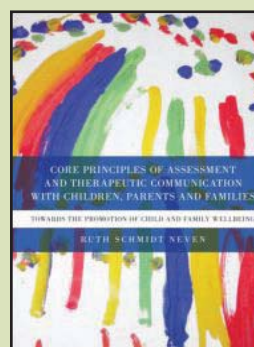
### Nurturing natures: attachment and children's emotional, sociocultural and brain development

**Author: Graham Music**

This book provides an indispensable account of current understandings of children's emotional development. Integrating the latest research findings from areas such as attachment theory, neuroscience and developmental psychology, it weaves these into a

readable and easy to digest text.

Publication details: Hove, East Sussex: Psychology Press, 2011  
ISBN: 9781848720572



### Core principles of assessment and therapeutic communication with children, parents and families: towards the promotion of child and family wellbeing.

Practitioners today are confronted by a bewildering array of therapies as 'cure alls.' This book provides an integrated approach to working with children, parents and families that can be applied by all professionals in a variety of settings. Informed by

a psychodynamic perspective, it identifies how we can avoid pathologising the behaviour of children by instead considering: the meaning of behaviour as an important source of communication; the commonality of all experience for children, parents and families; the emotional milestones of development; and the core principles of assessment and therapeutic communication and how they are applied.

Publication details: East Sussex: Routledge, 2010 pp 184  
ISBN: 9780415552431

### It's a family affair by Gordon Carson

This article promotes the use of family group conferences as a form of early intervention to help prevent children from entering the care system. Provides examples of the successful use of family group conferences in different parts of the UK and provides a case study.

Community Care Issue 1843, 2010 pp 22-23

### Pregnancy, birth and early parenthood – a guide for physically disabled parents

Funded by the Department of Health and packed with down-to-earth advice, the guide aims to help both physically disabled parents, and the health professionals with whom they come into contact, to counter the misconceptions, fears and frustrations that can be experienced. It also offers a detailed template on how disability in pregnancy and parenthood could be better managed by all concerned. Available free to disabled parents, or priced £15 to professionals. For more information, contact Gill Lea-Wilson, Shanta Everington or Krishna Ramamurthy on 0800 018 4730.

## Children in Wales

[www.childreninwales.org.uk](http://www.childreninwales.org.uk)

### Understanding the Teenage Years

A one-day course facilitated by Children in Wales

The teenage years can present the greatest challenges for parents and family members. Understanding the challenges young people themselves are facing provides both parents and professionals with the tools they need to allow teenagers to develop, whilst at the same time still keeping them safe from the worst excesses of teenage behaviour. The course is for both practitioners working directly with teenagers, and those involved in family support services. The course will include: an exploration of teenage development; why modern society makes this hard, and what can be done to support teenagers; the role of both mothers and fathers; ways to improve communication with teenagers and strategies to manage teenage behaviour.

18 January 2011, Neath

### Introduction to Working with Fathers

A two-day course facilitated by Fatherskills. The course is aimed at all professionals looking to engage meaningfully with families. The training focuses on the theoretical principles for increasing participation by fathers, and provides practitioners with the confidence to address this challenging area of work.

17 & 18 February 2011, Newport

## Young People in Focus

[www.studyofadolescence.org.uk](http://www.studyofadolescence.org.uk)

### Certificate in Supporting Parents of Adolescents – Accredited Training Programme

The course is relevant for all practitioners working with parents of young people (aged ten and over) and it has been validated as meeting eight of the National Occupational Standards for Working with Parents. It provides an opportunity to: specialise in working with parents of adolescents; meet core national occupational standards for working with parents; gain 30 higher education CAT points.

The course runs over six months and contains three modules with two

training days in each, with a work-based project between modules two and three.

London:

Module 1: 15 and 16 February 2011

Module 2: 15 and 16 March 2011

Module 3: 21 and 22 June 2011

### Take 3

Take 3 is a comprehensive programme for practitioners working with parents who have challenging teenagers or teenagers that are at risk. It has been used successfully in many different contexts, including youth justice and in schools.

Take 3 refers to the three core elements of the course: nurturing young people; providing structure for young people; and self-care for parents. It is a group programme but can also be used in one-to-one work. The Take 3 pack is divided into two parts: a basic 10-session course, plus 10 extra optional sessions that deal with issues such as sex, drugs and alcohol, sibling rivalry, step-parenting, and anti-social behaviour. This facilitators' training course will introduce practitioners to the core principles of Take 3 and prepare them for running the programme with parents.

8, 9 and 10 February 2011, London

## Mellow Babies

[www.mellowparenting.org](http://www.mellowparenting.org)

### One day courses in the Mellow Babies Programme

This programme is run for practitioners who have completed the core three-day training. The Mellow babies Programme, which has a one day additional training and separate manual, is now well developed. The programme incorporates modules for adult mental health, child care skills, child protection and activities suitable for parents and babies.

The programme has been applied in a number of settings to include mothers with post-natal depression and families with child protection concerns. The Mellow Babies programme has undergone a randomised waiting list controlled trial with clinically and statistically significant effects on maternal depression and mother-child interaction, and a reduction in the need for Child Protection Registration and compulsory measures of care.

9 February 2011, London

22 March 2011, North East of England

## Future Childcare Training

[www.futurechildcaretraining.com](http://www.futurechildcaretraining.com)

### Handling children's behaviour parenting programme

This two-day course teaches childcare workers how to use the 'Future For Families' Handling Children's Behaviour Parenting Programme with parents and carers in their community, helping them to manage their children's behaviour more effectively.

This course is suitable for all childcare professionals who work with parents and carers on how to handle children's behaviour. Our 'Future for Families' approach has been tried and tested for over 25 years and takes into account the needs of children and parents across the UK. We look at the latest political messages about parenting, behaviour and education, and consider how these factors impact on family life in 21st century Britain. This course has been recommended nationally to the Sure Start and Flying Start initiatives.

26 & 27 January 2011, Rugby

## Positive Parenting

[www.parenting.org.uk](http://www.parenting.org.uk)

### Four-day Facilitator Training

This four-day facilitator training course covers the latest ideas on child development and parenting and includes a brief overview of Positive Parenting courses. It is based on the National Occupational Standards for Work with Parents developed by the DfES (now DCSF) and approved by the UK regulatory bodies (QCA, SQA, ACCAC and QCA NI), focusing particularly on NOS 306 (Enabling parents to reflect on the influences on parenting and the parent-child relationship) and NOS 319 (Working with groups of parents). Participants have an opportunity to reflect and build on their practice and to co-facilitate a short parenting session to a small group.

26 & 27 January 2011, Croydon

9, 16, 23, 30 March 2011, Birmingham

Entries are provided by individuals/ organisations offering the training. Inclusion here does not imply endorsement by Parenting UK. For more training courses visit [www.parentinguk.org/2/training](http://www.parentinguk.org/2/training)

## Government Transition Fund

The £100m transition fund announced by the government will be targeted at service-delivery organisations that have low levels of reserves and high dependence on public funding streams that are particularly vulnerable to budget cuts. They will be consulting informally with the sector about the eligibility for the fund, but it was likely to be available to organisations with income of between £50,000 and £10m. Some £10m of the funding will be disbursed in this financial year with the remaining £90m given out in 2011/12. The fund will remain open for 13 months. Detailed eligibility criteria are yet to be announced and how much organisations can bid for has not yet been announced. The Transition fund was first announced in the spending review. Organisations can express an interest in the fund by emailing their contact details to [transitionfund@cabinet-office.x.gsi.gov.uk](mailto:transitionfund@cabinet-office.x.gsi.gov.uk)  
Cabinet Office Press Office 22 Whitehall London SW1A 2WH  
Tel: 020 7276 0393

## True Colours Trust

Small grants to help young people with disabilities and their families. Charities and community organisations can apply for up to £10,000.  
[www.truecolourstrust.org.uk](http://www.truecolourstrust.org.uk)

## Sir Cliff Richard Charitable Trust

The Sir Cliff Richard Charitable Trust makes quarterly grants to registered charities. Priority is given to charities working in medical research, with children and the elderly, and those involved with the physically and/or mentally disabled. Though charities which focus on other charitable activities are also encouraged to apply.  
[www.cliffirichard.org/fanzone/links.cfm](http://www.cliffirichard.org/fanzone/links.cfm)

## Reaching Communities (England)

The Big Lottery Fund (BIG) will be investing an additional £75 million specifically for rural and urban community-use buildings. From early December, voluntary and community organisations and town and parish councils will be able to submit outline proposals for capital grants of between £100,000 and £500,000 towards projects with a total value of no more than £750,000. BIG created the fund to turn existing facilities into buildings offering a wide range of activities for the benefit of a broad group of people in the community. Grants will be awarded for the renovation of any multi-purpose building currently used by communities, including memorial halls, community centres and village halls. Once the new funding stream opens, a list of eligibility criteria will be published on BIG's website to allow organisations to assess their chances of success before submitting a proposal and interested parties can register for more information by calling 0845 410 2030. Applications will be assessed on a monthly rolling basis, allowing organisations to submit an outline proposal without the additional pressure of meeting a deadline.  
[www.biglotteryfund.org.uk/](http://www.biglotteryfund.org.uk/)

## Scurrah Wainwright Charity

The Scurrah Wainwright Charity funds projects in England, primarily in Yorkshire and the North of England. It looks for innovative work in the field of social reform, with a preference for 'root-cause' rather than palliative projects. It favours causes that are less mainstream, and less likely to be funded by other charities. It will fund core costs. It will repeat-fund as well as making one-off grants. As general guidance grants for work within the UK are between £200 and £5000 per year.  
[www.wainwrighttrusts.org.uk](http://www.wainwrighttrusts.org.uk)

## Where to find funding

You can find further information about funding on the Parenting UK website. The following provide general guidance and information on funding:

Association of Charitable Foundations – [www.acf.org.uk](http://www.acf.org.uk)

Charities Aid Foundation – [www.cafonline.org](http://www.cafonline.org)

Charities Information Bureau – [www.fit4funding.org.uk](http://www.fit4funding.org.uk)

Directory of Social Change – [www.dsc.org.uk](http://www.dsc.org.uk)

Funderfinder – [www.funderfinder.org.uk](http://www.funderfinder.org.uk)

Grants 4 Funding Portals – [www.grants4.info/portal/index.asp](http://www.grants4.info/portal/index.asp)



## January

### **Post-separation families and shared residence: setting the interdisciplinary research agenda for the future**

6 and 7 January, 2011

University of Birmingham

Focusing primarily on the cross-cutting philosophical and ethical issues raised by post-separation family life and the content and procedures being adopted in family law within different jurisdictions, this AHRC Research Network will bring together academics from different disciplines and non-academic stakeholders from the UK, EU and beyond.

[www.haps.bham.ac.uk/primarycare/cbme/AHRCNetwork.shtml](http://www.haps.bham.ac.uk/primarycare/cbme/AHRCNetwork.shtml)

### **National Domestic Violence Conference Akamas Conferences**

26 January 2011, Central London

This conference will review the practical implications of the latest research and policy developments in domestic violence and look at how a multi-agency approach to supporting and tackling domestic violence can be achieved. Delegates will learn about ways to support victims of different forms of domestic violence and hear about how the domestic violence agenda is being driven forward by the coalition government and pose questions to a senior government representative

[www.akamas.co.uk](http://www.akamas.co.uk)

## February

### **Shaping a future for children with foetal alcohol spectrum disorders (FASD) and their families**

2 February 2011

Aston University, Central Birmingham

Foetal Alcohol Spectrum Disorders are the most common cause of non-genetic learning disability in the UK. This learning and good practice day aims to enable professionals who work with families affected by FASD to gain a better understanding of the complex nature of the condition, including diagnosis and the implications for children and families.

[www.ccclimited.org.uk](http://www.ccclimited.org.uk)

### **Public Services Summit**

The Guardian

10-11 February 2011, St Albans

This year, the summit deals with the central theme of resilience as our public services come to terms with the consequences of the budget deficit. We will discuss the cuts and ask difficult questions about the challenges ahead but also celebrate innovation, successful outcomes and the relationships that will create new delivery models.

[www.guardian.co.uk/summit](http://www.guardian.co.uk/summit)

### **19th Annual International Conference on Parent Education and Parenting**

University of North Texas Centre for Parent Education & International Sociological Association's Committee on Family Research

10-11 February 2011, Texas, USA

The International Conference on Parent Education and Parenting is a two-day interdisciplinary conference that will bring together regional, national, and international scholars, policy makers, parent/family educators, early childhood interventionists, family support professionals, school/parent liaisons, students, and child and family advocates.

[www.coe.unt.edu/cpe/conference](http://www.coe.unt.edu/cpe/conference)

### **Child and Adolescent Health and Well-being: Confronting Parental Alcohol Misuse and its Effect on Children**

Public Policy Exchange

15 February 2011, Central London

Over the years, alcohol policy in the UK has been shaped around a general consensus on the negative consequences of harmful drinking on health and behaviour, particularly in young people. What has largely been ignored, however, is the effects parental alcohol misuse has on children. According to a recent report highlighting the issue, more than 2.6 million children in the UK live with hazardous drinkers and more than 8 million people are affected by a family member's alcohol use.

<http://publicpolicyexchange.co.uk/events.php>

## March

### **National Child Health Conference and Exhibition - Child Health in the Community: Priorities for Practice**

4Children

25-26 March, 2011

The National Child Health conference aims to provide health visitors, their teams, and those they work with, with targeted educational opportunities relevant to areas of priority for leading and delivering the Healthy Child Programme. The conference will be of educational value to all whose workplace responsibilities include promoting child health in the community.

[www.4children.org.uk/events/show/ref/186](http://www.4children.org.uk/events/show/ref/186)

We welcome your comments on and contributions to our News Bulletin. Please address any correspondence to [rtonkin@parentinguk.org](mailto:rtonkin@parentinguk.org)

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