

## Teenagers, young parents and technology



A new approach for parents of teenagers, and how new technology is helping young parents.

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## A new approach for parents of teenagers

by Dr John Coleman  
*Senior Research Fellow - Department of Education, University of Oxford*

Parents of teenagers need good quality information about young people and their development. It is worrying that most parents have little clear idea of what changes are occurring during the teenage years. Many adults struggle with the teenager's irritating or challenging behaviour, and few are confident about their role during these formative years.

Another problem is that there has been little synthesis of the principles of effective parenting during the teenage years. While most parents probably know a reasonable amount about what constitutes effective parenting in the early years, this information is simply not available for parents of adolescents.

What are the principles of effective parenting during the teenage years? How can we work to disseminate these to families across the land?

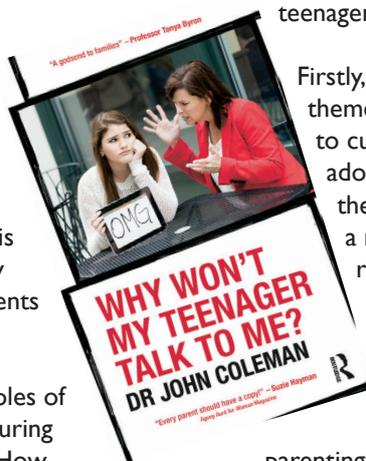
If this question about the principles of effective parenting were to be asked of parenting practitioners, most would probably answer that authoritative

parenting is central, and that the ability to communicate, to manage conflict, and to negotiate are key skills for any parent. Most parenting programmes include concepts such as these, many of which originate from the principles of counselling or interpersonal relationships.

There are, I believe, four challenges which face those working in the parenting field when it comes to providing information for parents of teenagers.

Firstly, how can we link the central themes of parenting programmes to current knowledge about adolescent development? In the last decade there has been a marked increase in highly relevant research, on the brain, on sleep, on risk and resilience, on social media and other topics, and this information needs to be incorporated into any parenting programme.

Secondly, how has our understanding of parenting teenagers changed over time? Parents of young people today are not facing the same challenges as parents faced a generation ago. How can we ensure that the information and skills



we impart are up to date and fit for the challenges of today?

3. Thirdly, adolescence is a stage in human development. It brings with it enormous change, and this notion of change and development has to be incorporated into a parent's understanding of the teenager in the home. Some changes are external, such as physical changes in body size and shape, but many changes are internal, not visible to the observer. It is essential that some concept of the degree of change inherent in adolescence is included in any parenting programme.

4. Finally how do we describe the principles of effective parenting so that they are relatively easy to grasp? We need a framework which parents can take home at the end of the day, a framework which can be easily outlined, and which offers parents a handle on the key principles of effective parenting.



I have recently proposed a framework which I have called the STAGE framework. This is described in my book "Why won't my teenager talk to me?" (Routledge, 2014). I believe that the framework addresses the questions I have posed here. The framework is grounded in current research, it reflects the concerns of parents today, it has the idea of a stage of development at its core, and it is easy to grasp.

I have called this framework STAGE for two reasons. Firstly, I want to emphasise the point that the teenage years are a process - a time of change and development. Things will alter gradually over time, even though for parents this may seem at times an unlikely possibility. We do know, however, that the difficult stage, if it is difficult, will not last forever. The moody, uncommunicative 14-year-old will in time become a more mature and responsible young adult.

The second reason for calling the framework STAGE is that each letter stands for a key principle, and a different aspect of parenting. In addition, of course, it makes the ideas behind the framework easy to remember. The five elements represented by the five letters are not the only elements of parenting, but they are five elements which are at the core of relationships between parent and teenager. Here are the five elements of STAGE.

**S**ignificance of parents. Parents of teenagers are the most significant people in the life of the young person. Parents may think they are not important any more, but their role is absolutely crucial. Parents of teenagers matter just as much as parents of younger children, they just matter in a different way. If there is one message above all that we want parents to take away from any programme or information sharing, it is that they do have a role. Parents of teenagers matter!

**T**wo-way communication. Communication between parent and teenager should be a two-way process, with talking and listening going hand-in-hand. Parents may think they are the ones who need to do the talking, but listening is just as important. Teenagers have as much influence as adults on how communication works. Parents will find that a teenager is more prepared to listen to them if they can show they are willing to hear the young person's point of view.

**A**uthority. One of the most difficult aspects of parenting is to know how to exercise parental authority. What boundaries and structures are needed for teenagers? Should punishments be used, and if so, what punishments make sense for teenagers? How is it possible to retain parental authority, whilst letting go at the same time? It is here that a full consideration of authoritative parenting is essential.

**G**eneration gap. I include this concept because each generation of teenagers has a different set of challenges and pressures to deal with. It is easy for parents to assume that what was right for them will also be right for their children. However, things are very different today compared to thirty or forty years ago. As a result young people today have to make different choices from those made by their parent. Furthermore, highlighting the generation gap also makes it possible to explore the idea that it is not just that things today are different for teenagers, they are different for parents themselves too.

**E**motion. Emotion plays a very important part in affecting relationships between parents and teenagers. Whether it is anxiety, anger, sadness, regret, envy or guilt, all these feelings influence how parents manage day-to-day life with their son or daughter. If parents can be aware of their feelings, and find ways of learning to deal with their emotions, this will help enormously in family relationships. Of course it is not just the parents' emotions which make a difference. Teenagers too will be struggling with new and confusing feelings. If parents can gain some understanding of this aspect of development, recognising how their feelings interact with those of their teenager, this will be a big step forward.

This is a very brief introduction to the ideas behind STAGE. In my view, it will be helpful both to parents and practitioners. In my experience, practitioners are looking for a means to bring programmes to life, as well as to offer parents some easy ways to focus on the essential features of effective parenting.

*Continued on page 4*

Continued from page 3

STAGE matters because it links core themes with new knowledge about adolescent development. In addition it underlines the fundamental principle that adolescence is a process of change and development. This offers parents a sense that there is light at the end of the tunnel, whilst emphasising their key role in assisting the young person in adjusting to the changes that are taking place.

Why did I call the book: “*Why won’t my teenager talk to me?*” Although the principles of STAGE are all equally important, the key lies in being able to talk. In all my experience of running workshops for parents of teenagers, the topic of greatest concern has to do with a failure of communication. The change between the chatty 10 year-old and the grunting 13- or 14-year-old is something that parents find very hard to understand.

The central point is that teenagers do want to talk to their parents, but they want to talk in a way that feels safe to them.

That means:

- talking at a time that is right for them
- not having a sense that they are being interrogated
- being allowed some space to hold on to things that are felt to be private
- and, most importantly, having their voices heard and their views listened to

Of course, lying behind problems of communication are many different issues. These include issues of power and control, the growing independence of the young person, and the interference to good communication that is caused by the difficult emotions that were mentioned earlier.

Nonetheless, if only we can help parents understand some of the principles behind good communication we will do a lot to improve relationships between the generations. In addition, of course, there remains the central objective: to assist parents to understand more about teenage development. STAGE should help with this. It offers a framework that parents can understand, as well as a set of principles based on highly respected research evidence.

I am often asked whether STAGE can be helpful for parents caring for a troubled teenager. Others query whether these ideas are useful for social workers, mental health workers and others. My answer to these questions is yes. The principles underlying STAGE apply to the parenting of all teenagers, whether troubled or not.

For those who have mental health problems, who are failing at school, or who are in trouble with the law, the importance of good communication with adults, clear structure and boundaries, and a recognition of difficult emotions are all essential features of a therapeutic approach. The STAGE framework will enhance any intervention with a troubled teenager as it highlights protective factors, and emphasises the principles necessary to forge a positive relationship.

## Innovative parenting programme making a difference to parents

by Lauren Dunbevan  
Tavistock Centre for Couple Relationships

Parents as Partners, the free group work programme designed for parents who are struggling with conflict and stress in their parenting and relationships, has now been running for over a year and is proving to be a success for those families who have taken part.

Based on an approach devised and tested by American psychologists Professors Carolyn and Philip Cowan, Parents as Partners focuses on the importance of resolving conflict and tension between parents in order to improve the relationship with their children and each other.

Research indicates that children’s socio-emotional and cognitive development is significantly influenced by the quality of the parental couple relationship. Exposure to couple conflict – whether frequent and intense, or unexpressed and non-violent – can affect children of all ages (including babies) and can manifest itself as increased anxiety, depression, aggression, hostility, anti-social behaviour and criminality, as well as deficits in academic attainment (Harold and Leve, 2012).



Therefore parents who have a satisfactory relationship are believed to be more likely to have children who function well emotionally and developmentally.

Relationship conflict and disagreements are inevitable in any relationship, and research shows that it is the manner in which couple conflict is expressed, managed and resolved – as well as the extent to which children feel at fault for, or threatened by, their parents’ relationship arguments – that also contributes to the impact couple conflict has on child outcomes (Harold and Leve, 2012).

The Parents as Partners programme is being delivered in the UK by the Tavistock Centre for Couple Relationships (TCCR) and Family Action through a grant from the Department for Education. It is designed to support couples as they resolve relationship issues that affect their ability to parent their children effectively. It consists of 16 group sessions, jointly led by two fully trained practitioners (one male and one female), during which participants work on their relationship, their individual sense of well-being and their parenting skills, as well as explore family patterns that have been passed on through the generations. Each family is also supported by a Family Action Caseworker who will work with them alongside the group sessions and, after the 16 weeks have ended, helping them make the most of what they've learnt.



Training ■ Counselling ■ Psychotherapy ■ Research

The programme aims to:

- Reduce conflict between couples and co-parents
- Improve the relationship and communication between the two parents
- Strengthen family relationships and improve children's wellbeing and success
- Help couples and co-parents manage the challenges and stress of family life

Feedback from parents, collected and evaluated at the end of a 16 session period, suggests the programme is having a positive impact on participants and their families.

Of those that completed the evaluation form, **82%** of parents agreed or strongly agreed that their relationship with their child had changed since starting the group, with the same percentage of parents stating that their relationship with their co-parent had improved since starting the group. **97%** of parents reported that they had found the groups useful or very useful and **100%** of parents agreed or strongly agreed that members of the group had helped and supported each other.

In addition, TCCR's evaluation questionnaires revealed further positive feedback from parents. When asked what they liked best about the programme's group sessions, participants said:

*"[They] helped me to listen and communicate more. We now argue much less and this has helped us and our child"*

*"Sharing experiences and getting perspective or insight into other peoples' problems and putting our own into perspective."*

*"Feeling free to be truthful; feeling supported; being seen, not judged."*

Further encouraging comments from parents, highlighting how the Parents as Partners programme can make a difference to families, include:

*"This is an unbelievable course that helps you not only be better parents to your children but be better partners which in turn makes you a better person to others and most importantly to yourself!"*

*"It is a positive, challenging, and rewarding journey."*

*"It's a very good idea and setting for both partners to attend and share, listen and reflect on your relationship."*

After being piloted across a number of London boroughs throughout 2013, it is hoped that the initial success of the programme will continue as it is now rolled out to other areas of the country. TCCR and Family Action are currently delivering the programme in London and Manchester and are encouraging parents to sign up to attend the sessions.

The Parents as Partners initiative has recently been included in the Early Intervention Guidebook, an online resource for professionals who develop early intervention programmes to improve children's quality of life. TCCR's Parents as Partners programme has been recognised and included in the guidebook as an example of best practice in improving child and family outcomes, and was one of only 50 initiatives chosen as having good enough evidence to merit inclusion.



To enrol onto the Parents as Partners programme both parents must be over 18 years of age, with a child under 11 years old and have to agree to participate and attend the group together, even if they are separated.

Couples who would like to participate in the programme can apply to join themselves while others may be referred by social, child or mental health services.

To find out more about the programme, including the eligibility criteria, please visit [www.tccr.org.uk](http://www.tccr.org.uk) and for any queries or to apply please contact [tracy.banks@family-action.org.uk](mailto:tracy.banks@family-action.org.uk). Or call **020 7254 6251**.

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# New Baby Buddy app offers support and advice to young parents

Dr. Ranj Singh

NHS Doctor and Medical Presenter (CBeebies Get Well Soon, ITV This Morning, BBC Watchdog, Channel 5 News)

For most people, becoming a parent is an exciting time. There are so many wonderful things for new parents to look forward to, and so many new and unknown experiences to share with a new baby. However, it can also be equally stressful for a number of reasons.

Getting the 'labour bag', cot, baby clothes and car seat ready just doesn't seem enough anymore. Many parents will feel the pressure of expectation from their peers or from their own parents – wanting to get things just right for their children, and maintaining a sense that they know what they are doing. With so much to know and do, it can be an incredibly overwhelming time. Sources of information are many and varied and, even when the desired information is at hand, it can be difficult to know which sources of information to trust and which to disregard.

As technology advances, so too do the opportunities in healthcare information and parenting support. Where services used to rely on simple handouts and patient leaflets, many are beginning to adjust to the changes offered by technology, and offering support through websites, podcasts, blogs and, even apps, to put relevant and reliable information at service users' fingertips - resources that can be accessed anytime from anywhere.

Baby Buddy is an app that has been developed by Best Beginnings, a charity dedicated to helping parents get the information and support they need to give their kids the best start in life. That's why I got involved with them – I'm passionate about promoting children's and family health and they've been thinking of really creative ways to reach those people who are most in need. So far they've had fantastic results with things like the brilliant Bump to Breastfeeding and Small Wonders projects.

Baby Buddy is their latest project and could play a significant part in the future of pregnancy and parenting support. Acting like a digital best friend, the app joins its users on their parenting journeys, giving useful tips and help along the way.

The app has an attractive interface that immediately interacts with parents, asking them to create a character that represents them. Using some basic information, the app then refers to the user individually, making it a really personal and relevant experience. It offers helpful information from trusted experts, so parents don't have to worry about whether the information is reliable. It allows parents to store key appointments, look

things up, watch videos of common questions, and even ask their own questions. The app is designed to be fun as well as useful.

## Working with young parents

What is perhaps most exciting is the opportunity to reach out to people who want and need support but don't know how to access it, particularly young people.

When wanting to support young mothers, an app can be a really useful approach. It was estimated last year that 93% of UK teens used mobile phones (81% smart phones). More than that, the average UK teen owns six digital devices now and over 90% of them have one or more social network accounts. So a digital offer like Baby Buddy, accessible through smart phones, really will reach out to young mums and dads in a place of their choosing.

The app has received approval from a number of professional organisations. It is full of excellent information provided by a dedicated and passionate team. For anyone who works with young people and families, the Baby Buddy app could prove to be an invaluable resource, helping them to get the information they need around pregnancy and parenting, and even becoming a routine part of their care.

When it comes to stuff like this, everybody wants a best friend to count on. Someone who is reliable and available 24-hours-a-day, who is going to tell us exactly what we need to know, and where to go for help. For some people that will be a friend, family member or their midwife – for many it will be their Baby Buddy.



Baby Buddy has been designed for parents to use alone but also to use in appointments with healthcare professionals. One of the aims of the app is to help make "Every Contact Count". Currently there are about 40 short films in the app, mostly from Best Beginnings' From Bump to Breastfeeding and Small Wonders DVDs. The charity is now making 100+ new films which will be included in the app by Spring 2015.

Best Beginnings actively encourage you to download and use the app so that you understand its functionality and content, so you can recommend it, as appropriate to the families you support and use it in appointments.

<http://www.bestbeginnings.org.uk/babybuddy-involved>

## Child poverty strategy lacks credible plan, warns watchdog

The government body set up to monitor social mobility has criticised the recent Child Poverty Strategy, suggesting it is inadequate to achieve its goals of reducing child poverty in the next three years, let alone meeting its legal obligation of ending child poverty by 2020.

The Social Mobility and Child Poverty Commission (SMCP) has published its response to the Government's draft Child Poverty Strategy, stating that the measures listed will be insufficient in not only reducing poverty for families, but preventing it from rising in both relative and absolute terms.

Criticising the strategy's "heroic assumptions" about improved parental employment rates and earnings, the report estimates that 21% of children – over three million – would still be in absolute poverty by 2020 even if the strategy's aims are achieved. Absolute poverty is defined by living at 60% of the median net income.

The report is based on an analysis of the strategy carried out by the National Institute for Economics and Social Research, and Landman Economics, and describes the goals set out as "implausible" and "far more ambitious than have ever been achieved in the United Kingdom or anywhere else in the world", requiring near full employment rates for parents and large increases in working hours.

Former Labour Health Secretary Alan Milburn, who chairs the SMCP, concluded by calling the strategy a "missed opportunity", and called on all political party leaders to come to an agreement on how to achieve their committed targets of ending child poverty by 2020.

Milburn said:

"The farce of ministers proving unable to agree on how to measure poverty after rubbishing existing measures is particularly lamentable.

"The government's approach falls far short of what is needed to reduce, yet alone end child poverty in our country. Our new research shows that the gap between the objective of making child poverty history and the reality is becoming ever wider.

"This is not just an issue for the current government. Politicians from all parties say they are committed to the 2020 targets. Willing the ends without the means today merely becomes a broken promise tomorrow.

"Across the political spectrum, party leaders now need to come clean about what they plan to do to hit the targets, or what progress they can deliver if they expect to fall short."

Read the full response (SMCP).

<https://www.gov.uk/government/news/commission-publishes-response-to-the-draft-child-poverty-strategy>

Read Parenting UK's response to the Child Poverty Strategy. <http://parentinguk.org/our-work/policy/consultations/>

## Improvement seen in Troubled Families figures

Communities Secretary Eric Pickles has announced improved figures from the Troubled Families programme, with almost 53,000 families deemed to have been 'turned around'.

The Troubled Families programme was launched in April 2012 with the aim of 'turning around' 120,000 of Britain's most disadvantaged families. Families are said to be troubled according to seven key indicators such as long term parental unemployment, unauthorised school absences, antisocial behaviour and crime.

The programme aims to turn around 120,000 families by April 2015, and seemed to be off track when figures of fewer than 40,000 successes were reported at the in March this year. Families are considered to have been turned around when parents and children are respectively in work and school consistently over three months and antisocial behaviours are significantly reduced.

Despite the new figure of 53,000, the programme is still less than halfway off its target with less than a year remaining. However, some areas including Leicestershire, Wakefield and Bristol reported particularly promising results.

Eric Pickles said:

"To have helped so many families so quickly is testament to the hard work and determination of troubled families teams across the country.

"Nobody is saying that troubled families will become model citizens overnight but turning them around starts with getting kids off the streets and into school, giving them a better chance in life, and helping adults into employment or better able to work.

"This is good for the taxpayer, good for the families themselves and good for the communities around them."

Under the Troubled Families programme, local authority teams provide intensive support for families on a payment-by-results arrangement with funding of £4,000 allocated for each family turned around.

## Mental health care gaps fail new mothers

New figures released by the National Childbirth Trust (NCT) have shown significant gaps in the availability of mental health services for new mothers throughout England.

Using data acquired through a Freedom of Information request, the parenting charity has revealed that as few as 3% of Clinical Commissioning Groups (CCGs) reported having a strategy in place for perinatal mental health. CCGs were set up in 2012 under the banner of the NHS to help GPs and other clinicians influence the decisions made by local commissioners.

NCT contacted 194 CCGs in England and received 186 responses. 97% reported that they had no strategy in place and, of these, 60% had no current plans to initiate one.

The NCT also reported a lack of clarity over responsibility for perinatal mental health, noting that 15% of CCGs were unable to give a response, or directed the charity to other agencies such as NHS Trusts. 193 NHS Trusts were also contacted, with over half responding that they do not offer perinatal mental health services. 17% of NHS Trusts did not respond to the request.

NCT chief executive Belinda Phipps said: “One in ten mothers experience some form of postnatal depression, but there are clearly huge gaps in the support and care being provided to them across England.

“While we found some areas with excellent care, too often we have found situations where there is no care, or very little care. If there are whole areas where GPs, midwives and health visitors have no training or time to dedicate to this vital service then women will not get the help and support they need. For many parents this will result in months of misery, damaging both family relations and children’s well-being. And, in the most extreme circumstances, it will result in tragedy and loss of life.

“We need to see properly staffed and resourced services with clear lines of responsibility and clear targets for delivery. And we need to see that happening urgently.”

## Children’s centre funding falls dramatically over four years

Almost 300 children’s centres have been closed or merged with other centres in the face of local authority budget cuts over the last four years.

The trade union Unison has revealed through a Freedom of Information request that spending on children’s centres has fallen dramatically since April 2010, when the protective ringfencing was removed from local authority budgets.

In the last four years, children’s centre funding has fallen by £82m, with 292 centres either closing or merging. The biggest funding cuts were seen in the West Midlands, with over 25% of the total children’s centre budget being cut and Yorkshire and Humberside, with 21% cuts. The region with the highest

number of closures was London, where 67 centres have been lost.

Over the last four years, 22 children’s centres had closed in Cornwall, 14 had been closed or merged in Birmingham, and 16 had been lost in Luton.

Some local authorities, such as Manchester and Essex had managed not to close or merge any centres despite also facing large budget cuts of £4.9m and £3.3m respectively.

Heather Wakefield, who heads up the local government arm of Unison, said:

‘Children’s centres used to be the hub of local communities, providing day trips, summer activities and social groups for free or low cost.

‘But the severe cuts being imposed on local councils by the Tory Government mean that services are being cut back or scrapped altogether, forcing parents who are already struggling to find extra money to pay for childcare or expensive alternatives.

‘The Government must seriously look at new sources of funding for vital community services such as children’s centres, and give local councils a much bigger say in how they use that money.’

116 local authorities were contacted as part of the Freedom of Information request, with 76% feeding back results.

## Charities seek fairer system for children’s services

A group of children’s charities has come together to lend their support to a campaign calling for a fairer system of commissioning and contracting for children’s services.

The charities, including 4Children, Barnardo’s, Action for Children, and Family and Childcare Trust, are asking for a system based on co-operation rather than competition via a document put together by Children England and Trade Unions Congress (TUC) called “Declaration of interdependence in children’s services”. The paper offers a range of principles for future commissioning on local and national levels.

The paper has been put together in

response to concerns around models of service provision which focus too heavily on the costs of running services, rather than the quality of services themselves and the positive impact they can have on parents and families.

It says: “‘Marketplace Competition’ has been elevated to become an end in itself rather than just one useful tool that may sometimes help to improve service provision. While not intentional, the emphasis on managerial concerns and financial models resulting from this ‘marketisation’ of children’s services has meant that many have lost sight of what remains most important in any service for children: the professional and personal commitment to put children first.”

“This Declaration is open to any individuals and organisations who share our vision to put children first in a more collaborative future for children’s services. In competitive tendering for public service contracts... we have concerns that price-driven competition with outsourcing companies has had a negative impact on service quality, employee terms and conditions, and can encourage behaviours such as corner cutting”.

The declaration follows recent controversy over government plans to outsource child protection services to profit-making organisations – plans which have since been revised so that only non-profit organisations will be able to run these services. The response to these initial plans has shone new light on the debate around profit-making and market in children’s services.

Among the measures called for in the declaration are a call for national long-term spending plans and new legislation that would encourage local authorities to give more weight to the “quality and social value” of bids when making decisions around commissioning services.

The declaration also calls for more family friendly employment practice such as a guaranteed living wage, and an end to zero-hours contracts and casual labour.

Read the declaration (TUC and Children England).  
[http://www.tuc.org.uk/sites/default/files/Declaration\\_Of\\_Interdependence\\_2014\\_TUC.pdf](http://www.tuc.org.uk/sites/default/files/Declaration_Of_Interdependence_2014_TUC.pdf)

## 60,000 free childcare places unavailable, claims Labour

New figures have shown that almost half of local authorities do not have the resources to provide nursery places as the expansion of the free childcare scheme approaches.

Under the current scheme, the families of the 130,000 most disadvantaged two-year-olds are entitled to 15 hours of free childcare, a figure that is due to be doubled to 260,000 in September 2014.

New figures obtained by Labour's Lucy Powell MP, the shadow childcare minister, under a Freedom of Information request have shown that 44% of local authorities do not expect to be able to meet the demand when the scheme is expanded. It is estimated that the shortfall will affect around 60,000 places.

It was previously noted that as many as two thirds of local authorities had been unable to offer sufficient places during the first year of the scheme. Providers are expected to have a 'good' or 'outstanding' rating from Ofsted.

Powell criticised the government for failing to deliver on its promise to deliver free childcare to disadvantaged two-year-olds.

In December 2013, Nick Clegg announced funding of £755m to pay for the expansion of the scheme, with some sector leaders responding with warnings of caution about the ambitious nature of the project.

Lucy Powell said:

"Despite plenty of warning, the government is way off track in delivering its flagship childcare policy for 2 year olds. David Cameron promised 260,000 parents and children a free 15 hour place this September yet with just three months to go Ministers are failing to deliver. Nearly half of councils lack sufficient places; and two thirds of councils don't have enough quality places to make the biggest difference to children's life chances".

116,000 eligible two-year-olds are currently accessing the funded early learning provision.



### Why Won't My Teenager Talk To Me?

Author: Dr John Coleman

Published by Routledge, 2014

In this book, international expert, Oxford psychologist and father, Dr John Coleman, provides a new approach to parenting adolescents.

*Why won't my teenager talk to me?* draws on ground-breaking research relating to brain development, sleep patterns in adolescence, and communication to offer a valuable tool enabling parents and carers to become more effective and resilient during this stage.

Based on the author's long experience in running workshops for parents of teenagers, the combination of practical advice and research evidence will give readers an invaluable guide to the adolescent stage of life. The book draws on the voices and experiences of a wide range of parents of teenagers.

Talking and listening is at the heart of this book. Based on developing strategies for positive and respectful two-way communication, Dr Coleman's revolutionary "STAGE" framework for parenting offers new insights and helps parents navigate the teenage years. Its aim is to improve relations between parents and teenagers, as well as to help professionals in their work with families. It will appeal to all parents and carers of teenagers, as well as to those in the fields of social work, counselling, health and education.

ISBN: 1138017345

### Baby Buddy

Free mobile phone app for parents and parents-to-be

Created by Best Beginnings

The charity Best Beginnings is inviting you to use and give feedback on a new mobile phone app designed to support parents-to-be and new parents in the social, emotional and physical transition to parenthood and giving their baby the best start in life.

As seen in the feature on page 6 of this bulletin, version 1.0 of the app is now available and can be installed on smartphones using both Android and iOS systems.

The charity is actively seeking feedback from parents and health and social care professionals ahead of the official launch in mid November 2014 to make the app even better. You'll be asked to give feedback in app and you can also email the charity directly.

When you register as a user of Baby Buddy app do select the healthcare professional option. This way the charity can separate out feedback from parents and professionals.

Best Beginnings would be delighted to hear any suggestions you have for additional content eg: new FAQs for the "Ask me" function via: [hpapps@bestbeginnings.org.uk](mailto:hpapps@bestbeginnings.org.uk)

The app is available to download from:  
<http://www.bestbeginnings.org.uk/babybuddy-involved>

## Facilitating Groups

**Provider:** Children in Wales  
**Location and start dates:** Cardiff, 1-2 October / Birmingham 7-8 October  
**Course length:** 2 days  
**Contact:** 02920 810800 or [www.careforthefamily.org.uk/facilitating-groups-book-your-place](http://www.careforthefamily.org.uk/facilitating-groups-book-your-place)

This high quality, practical, interactive training will give you knowledge, skills and confidence through small group facilitation skills, reflecting and building on your existing knowledge and practice. It gives valuable professional development with optional Open College Network Level 3 accreditation.

This two day non residential training will also equip you to deliver our Core range of effective Positive Parenting courses; supporting parents and helping them build strong and secure relationships with their child. Should you wish to gain a license to deliver our courses you will need to complete the Facilitating Groups and Working with Parents training.

## Working with Parents training

**Provider:** Care for the Family  
**Location and start dates:** Cardiff, 26-27 November / Birmingham 3-4 December  
**Contact:** [training@tccr.ac.uk](mailto:training@tccr.ac.uk)  
**Course length:** 2 days  
**Contact:** 02920 810800 or [www.careforthefamily.org.uk/facilitating-groups-book-your-place](http://www.careforthefamily.org.uk/facilitating-groups-book-your-place)

The training is high quality, practical and interactive looking at key evidence based theories and research and applying this when working with parents in either individually or in groups. The training is mapped to the 2011 National Occupational Standards for Working with Parents and gives valuable professional development with optional Open College Network Level 3 accreditation.

This two day non residential training will also equip you to deliver our Core range of effective Positive Parenting courses; supporting parents and helping them build strong and secure relationships with their child. Should you wish to gain a license to deliver our courses you will need to complete the Facilitating Groups and Working with Parents training.

## Take 3 Facilitator training: effective support for parents of teenagers

**Provider:** Take 3 Parenting  
**Location:** Oxfordshire  
**Start date:** 15 September 2014  
**Course length:** 3 days  
**Price:** £360  
**Qualification:** Accreditation from Take 3 Parenting  
**Contact:** [info@take3parenting.co.uk](mailto:info@take3parenting.co.uk)  
 This 3-day course in Banbury, Oxfordshire, prepares participants to facilitate the evidence-based Take 3 programme for parents of challenging teens. Further training is also available to support them to work one-to-one with the Take 3 materials. Take 3 is used nationwide by YOTs, Troubled Families, schools and many other agencies. Commissioned training is also available - see website for more information.

## Parent Infant Psychotherapy

**Provider:** School of Infant Mental Health  
**Location:** London  
**Start date:** October 2014  
**Course length:** 1 year  
**Price:** £4,500  
**Qualification:** UKCP accredited  
**Website:** [www.infantmentalhealth.com](http://www.infantmentalhealth.com)  
 The School of Infant Mental Health (SIMH) delivers a unique, UKCP-accredited training in Parent Infant Psychoanalytic Psychotherapy.

Parent Infant Psychoanalytic Psychotherapy is based on a growing understanding of the inner forces that operate from birth. These forces exert powerful influences on the way that infants integrate their experiences and form attachments. This therapy recognises that early intervention is essential.

The work of the School draws upon learning that ranges from key psychoanalytic papers, through to the latest findings of neurological research. The training includes a range of lectures, seminars, and baby and organisational observations

The training is available either at our base in North London or online via the internet. In both cases trainees study the same syllabus and undertake identical course requirements. There are two intakes each year, in February and October.

## Passionate About Parenting

**Provider:** Mothers' Union  
**Location:** London  
**Course length:** 20 hours  
**Qualification:** 6 credits at Level 3  
**Contact:** [roseleen.fox@yahoo.co.uk](mailto:roseleen.fox@yahoo.co.uk)

Accredited training to facilitate parents groups with appropriate resources.

Passionate about Parenting, Mothers' Union training for facilitators of parents' groups, has been running for nearly 12 years in its present form. Nearly 700 people have attended the course in that time. Not all of them are actively engaged with groups but all will have benefited from the training and will be using those facilitation skills and the knowledge they have gained in some aspect of their lives.

## Quiz In Familiarisation Day

**Provider:** Care for the Family  
**Location:** Birmingham  
**Start dates:** 16 October  
**Course length:** 1 day  
**Contact:** 02920 810800 or [www.careforthefamily.org.uk/facilitating-groups-book-your-place](http://www.careforthefamily.org.uk/facilitating-groups-book-your-place)

Train to run our specialist course that helps parents teach their children to manage their money wisely. The day is available to our licenced facilitators and goes through the materials and activities of Quiz In's six informal and practical sessions. Quiz In blends skills, information, and practical and fun ideas, to help parents teach their children, aged 8 through to teens, sound money management principles.

If you run training courses make sure you add them to our website. Just go to [www.parentinguk.org](http://www.parentinguk.org) and click on 'Your work - training directory' and you can add the courses yourself.

To see more courses available, just visit Parenting UK's website: [www.parentinguk.org](http://www.parentinguk.org)

Please note that inclusion of courses here does not imply endorsement.

## Bury Council - Small Grants Fund

**Website:** [www.bury.gov.uk/index.aspx?articleid=9114](http://www.bury.gov.uk/index.aspx?articleid=9114)

Bury Council provides and administers the Small Grants Fund.

The funding is currently aimed at encouraging and supporting grass-root community activity within the borough of Bury.

Projects should address at least one of Bury Council's thematic priorities:

- Reducing poverty and its effects.
- Supporting our most vulnerable residents.
- Making Bury a better place to live.

**Closing date:** 2 September 2014

## Tonbridge and Malling Borough Council - Community Enhancement Fund

**Website:** <http://www.tmbc.gov.uk/services/community-and-living/community-advice/community-enhancement-fund>

Tonbridge and Malling Borough Council set up the Community Enhancement Fund in 2011 using money allocated to it from the Government's New Homes Bonus Scheme. The Council's aim is to support projects and activities that make a positive difference to the communities and residents of Tonbridge and Malling. Around 90 community groups benefited in 2011 and 2012 from nearly £240,000 of grants but the Council still has almost £261,000 to finance a third and final round of funding which will be awarded in 2014.

**Closing date:** 8 September 2014

## Health and Wellbeing Service for Children and Young People - Cheshire

**Apply via:** [www.the-chest.org.uk](http://www.the-chest.org.uk)

Cheshire West and Chester Council is inviting applications for the provision of a Health and Wellbeing Service for

children and young people between the ages of five and 19 years.

The service includes the core public health offer to school aged children which encompasses the Healthy Child Programme (including School Nursing provision) and the National Child Measurement Programme.

As part of a parallel procurement process NHS England Cheshire, Wirral and Warrington Area Team (CWWAT) are commissioning a comprehensive vaccination and immunisation programme across the CWAC Borough area.

This tender will consist of two Lots and providers are invited to tender for one or both contracts.

**Closing date:** 8 September 2014

## ERYC Public Health Integrated Sexual Health Service

**Apply via:** [www.yortender.co.uk](http://www.yortender.co.uk)  
East Riding of Yorkshire Council is seeking to establish a single provider framework for the provision of a Public Health integrated Sexual Health Service for the East Riding of Yorkshire.

The framework will consist of three levels and include elements of: GUM; contraception; and testing and treatment of STIs at each level. Additional ad hoc training for related Public Health Service Providers will also be required.

**Closing date:** 17 September 2014

## Travelling Fellowships for People involved in Early Years Prevention and Intervention

**Website:** <http://www.wcmt.org.uk/>  
In 2015, The Winston Churchill Memorial Trust will be investing £1.2 million in British citizens, by awarding a record number of 150 Travelling Fellowships, in order to mark its 50th anniversary. This will directly support British citizens who want to travel overseas to gain knowledge, experience and best practice to benefit others in their UK professions and communities, and society as a whole.

This year they are introducing a new category entitled 'Early Years Prevention and Intervention'. People involved in policy and delivering programmes, in particular via primary prevention, that give children aged 0-3 years the social and emotional bedrock they need to reach their full potential, are encouraged to apply.

This category is in partnership with Wave Trust, and also The Dulverton Trust, who are very interested in supporting charities working in this area.

They are keen to hear from those working with charities on practical programmes, in this area, and are particularly interested in projects that examine best practice in The Netherlands, Iceland and Scandinavia, who all excel in this area in the UNICEF 2013 Wellbeing league tables.

**Closing date:** 23 September 2014

## CAN Invest - Early Intervention Fund

**Website:** [www.can-invest.org.uk/](http://www.can-invest.org.uk/)  
The Early Intervention Fund is a new social investment (loan) fund that has been created by CAN Invest, the Social Investment Financial Intermediary arm of CAN, in partnership with UBS. The Fund will be managed by CAN Invest.

The Fund aims to assist young people and their families in East London who are facing a number of different issues such as poor education, unemployment, ill health, poverty and child development. The intention is to deal with these issues before they become serious problems and ultimately to help young people achieve their full potential in life.

The loan and business support will support VCSE organisations that are inexperienced in social lending and seeking to expand their impact or to support them to a sustainable model.

CAN Invest defines 'early intervention' as "programmes that support targeted action to prevent social cost and personal harm for children and young people".

Applications can be made at any time.

## September

### Recognising Mental Health Issues in Parents

**Location:** London  
**Date:** 24 September 2014  
**Organiser:** Parenting UK  
[www.parentinguk.org/events](http://www.parentinguk.org/events)

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial warning signs of mental ill health. Being able to recognise mental health issues can enable you to strengthen your support for parents and families, allowing you to offer further care where appropriate and knowing how and when to signpost or refer to external support.

As well as increasing your own confidence about recognising and responding to mental health issues, this training can support you in meeting the elements of the CANparent Quality Mark by enabling you to create signposting routes and links with other professionals.

### National Conference on Parent Abuse

**Location:** Bristol  
**Date:** 25 September 2014  
**Organiser:** WISH  
[www.wishforabrighterfuture.org.uk](http://www.wishforabrighterfuture.org.uk)

Are there cross-overs or contrasts between parent abuse and domestic abuse? Is adolescent to parent abuse a mirror image of domestic abuse, or is this simply a mirage? Keynote speech by Dr Amanda Holt with presentations by Jane Evans & Sian Taylor.

### The National Early Years Conference

**Location:** London  
**Date:** 30 September 2014  
**Organiser:** Inside Government  
**Booking:** 0207 550 5937

The National Early Years Conference will assess the changing landscape of early years provisions in the UK building on the plan of action outlined in government's January 2013 'More great childcare' publication. This report set out its vision for enhancing the quality in early education and childcare through, raising the quality of the workforce, improving the regulatory regime and providing greater choice to families.

Bringing together stakeholders from across the early years education, child care and health services attendees will examine latest government policy and funding and strategy with the vision of enhancing the early-years education market.

## October

### Celebrate the next generation: A legacy that lasts

**Location:** Perth  
**Date:** 8 October 2014  
**Organiser:** Children in Scotland  
**Booking:** Kirsty Brown  
 0131 313 8827

By 2014, every school pupil in Scotland should be benefiting from at least two hours per week of physical education in primary school, and two periods in S1 to S4. Is this enough?

This conference will seek to give delegates an opportunity:

- To gain an understanding of the contemporary evidence base related to physical activity for young people and children, and the impact on attainment, confidence and skills
- To learn about best practice approaches to the delivery of high quality experiences of physical education in schools
- To discuss the better use of existing sports facilities and opening up the school estate
- Increasing the focus of physical activity and physical literacy in the early years
- Partnership working across health and education, in particular with the new commitment to food education through the Better Eating; Better Learning agenda

### Third Annual Children and Young People's Conference

**Location:** London  
**Date:** 28 October 2014  
**Organiser:** GovKnow  
<http://govknow.com/event-detail.html?id=935&info=overview>

Now in its third year, GovKnow's Children and Young People's Conference 2014 will bring together key stakeholders to discuss how, as a society, we can provide children and young people with the best possible start and support in life.

This important event will build upon the discussions and debate of the last two conferences to examine current policy and key issues affecting children and young people and will provide all attendees with the opportunity to hear from and question key stakeholders involved in shaping and delivering children and young people's policy. CPD certified (5 points).

## November

### Children in Scotland Annual Conference: The future's bright

**Location:** Perth  
**Date:** 12 November 2014  
**Organiser:** Children in Scotland  
**Booking:** Kirsty Brown  
 0131 313 8827

Do you want to make the future bright for all of Scotland's children? It has been an incredible year with legislation enacted to make Getting it Right for Every Child, a reality; to combine health and social care for some children and families and the forthcoming proposals to empower communities to make far-reaching changes for the future.

The time is right to ask what will we do to make the legislation work well for every child and family? What progress is underway with Public Service Reform, including the impact of improvement approaches, such as the Early Years Collaborative and Education Attainment? Why are we not making the desperately needed progress to reduce poverty and inequality and what is needed to reverse this? And to challenge ourselves and all relevant interests.

Please let us know about any events you are running about parenting and families by emailing us at [info@parentinguk.org](mailto:info@parentinguk.org)

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

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