

## Extra Support For Families QUICK GUIDE

For any of these interventions please ring 0191 211 5773

Or email [newcastlenorthernenquiries@newcastle.gov.uk](mailto:newcastlenorthernenquiries@newcastle.gov.uk)



### Understanding your Baby

A group for new parents and babies (up to 9 months) based on Solihull Approach. 8 weeks. A safe, relaxed programme promoting getting to know and understand your baby.



### Understanding Your Child

8 week programme for parents of children 9 months upwards. Based on Solihull approach help understand their child's behaviour and promote strong relationships



### Baby Massage

6 week programme for parents and babies 3-9 months. An enjoyable class promoting sensitive care and bonding.



### My Child and Me

Easy and supportive 4 session group or can be 1:1 at home; managing boundaries; understanding behaviour; tackling difficulties.



### Incredible Years Pre-School

Half a term of 1:1 workshops at home aimed at parents of 3-4 year olds thinking about encouraging independence and skills. Managing Behaviour.



### Decider Skills Group or 1:1 ( young people)

Based on CBT and DBT (cognitive and dialectical behaviour therapy) to teach children and young people skills to recognise and manage thoughts, feelings, and behaviour.



### Parents on the Ball (all ages)

To promote healthy life choices within families and help parents gain confidence in a fun and interactive way, including physical activity and games that they can share at home with their children. 10 weeks



### Emotionally Based School Non-Attendance

For parents whose children are struggling to go to school a 5-week support group that looks at reasons behind this, gives the chance to share ideas and meet others in the same situation.