

# Ashford Parenting Support September - December 2019

We are able to offer a range of courses to support you and your family.

[All our parenting support courses are below.](#)

## UNDERSTANDING YOURSELF, UNDERSTANDING YOUR CHILD

This programme focuses on young children's behaviours and attitudes, this course will help you to understand how you can manage them.

This programme is suitable for any parent or carer with a child aged 0-19 years.

The course is a weekly, 2 hour session that will be completed over 9 weeks. The course will cover 8 different parenting tools.

[Eligibility: Already open to Early Help or Children's Social Work Services.](#)

## UNDERSTANDING YOURSELF, UNDERSTANDING YOUR TEENAGER (13+)

This programme has been adapted to look at teenage behaviours and attitudes and how you can manage your relationships with them.

This course is suitable for any parent or carer with children aged 13 years +.

The course is a weekly, 2 hour session and will be completed over 9 weeks. The course will cover 8 different parenting tools focusing on teenage children.

[Eligibility: Already open to Early Help or Children's Social Work Services.](#)

## CYGNET PROGRAMME

This programme works towards helping you to understand how to manage children and young people (7-18 years) who have a diagnosed Autistic Spectrum condition.

The course is run by the Early Help and Preventative Service alongside the Specialist Teaching and Learning Service and the Speech and Language Therapy Service.

This course is run over 7, 2 hour sessions and covers 6 different parenting tools to help you manage children and young people who have an Autistic Spectrum condition.

[Eligibility: Your child must have a diagnosed Autistic Spectrum condition.](#)

## UNDERSTANDING YOUR CHILD

**30th September - 2nd  
December 2019**

12.30 - 2.30pm

[Call 03000 418500 for  
more information.](#)

## CYGNET PROGRAMME

**9th October - 27th  
November 2019**

12.30 - 2.30pm

[Call 03000 418800 for  
more information.](#)

## UNDERSTAND YOUR TEEN

**3rd October - 5th  
December 2019**

12.30 - 2.30pm

[Call 03000 417567 for  
more information.](#)

For further information regarding parenting support, please call  
**03000 413988** or email [ashfordearlyhelp@kent.gov.uk](mailto:ashfordearlyhelp@kent.gov.uk)