



# PARENTING SUPPORT



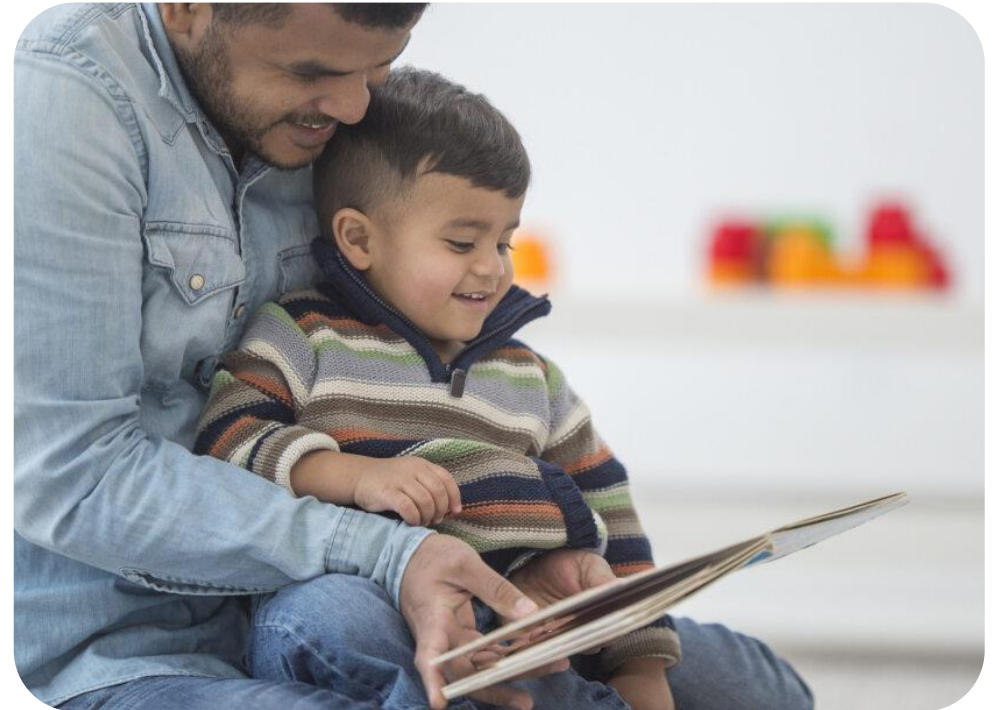
# PARENTING SUPPORT

Parents and carers serve as children's first educators and teachers.

Getting parenting right promotes positive child development and future outcomes.

During the first five years, a child's brain is at its most flexible, making this a critical period for learning and growth.

Parenting support can give parents a greater understanding of child development, develop parents' confidence in their role and support both parents to become actively involved in a child's upbringing.



# PARENTING PROGRAMMES DELIVERED BY MERTON LA

Universal /  
Getting  
Advice

Programme	Age	Description
Baby Early Learning Together (ELT) <i>5 Weeks</i>	0 to 6 months	Understanding child's development. The importance of play and communication and providing ideas to enhance the home learning environment.
Baby Early Learning Together (ELT) <i>5 Weeks</i>	6 to 12 months	Understanding child's development. The importance of play and communication and providing ideas to enhance the home learning environment.
English for Speakers of Other Languages (ESOL)	Under 1 year	Parents with a child in age range with little or no English language.

These programmes can be booked directly by [Eventbrite](#)  
 Practitioner CODE for all bookable courses: EYCC  
 Parents can book Baby ELT directly using code: ELTFAM



## Early Help / Getting Help

Programme	Age	Description
Toddler Early Learning Together (ELT) <i>6 Weeks</i>	12 to 18 months	Understanding child's development. The importance of play and communication and providing ideas to enhance the home learning environment.
Toddler Early Learning Together (ELT) <i>6 Weeks</i>	19 to 36 months	Understanding child's development. The importance of play and communication and providing ideas to enhance the home learning environment.
Preschool Early Learning Together (ELT) <i>6 Weeks</i>	2 to 3 years	Understanding child's development and developing school readiness in preparation for nursery or pre school
Attentive Parenting Incredible Years (IY) <i>6 weeks</i>	2 to 5 years	Support to understand child's development, the importance of communication and strategies to manage challenging behaviour

These programmes can be booked on [Eventbrite](#)  
CODE for all bookable courses: EYCC

Programme	Age	Description
ASD Incredible Years (IY) <i>12 weeks</i>	2 yrs to end of reception	Children with ASD or language delay – support to understand child's additional needs, develop strategies to engage in their learning and manage their behaviour

Referral form to be completed and sent to  
[FSD@Merton.gov.uk](mailto:FSD@Merton.gov.uk)

Targeted  
Getting  
More Help

Specialist /  
Getting  
Risk  
Support

Programme	Age	Description
Triple P 8 Weeks	4 to 10 years	The child constantly misbehaves. There's probably a lot of shouting and the child may even be aggressive – perhaps hitting parents, the furniture or siblings. Every day is a battle.
Triple P Teens 8 Weeks	11 to 16 years	The teen's behaviour has become too much for the parents to handle. At home, there's probably a lot of shouting and very little agreement. Parents are worried and would like things to change.
Triple P and Triple P Teens Online	4 to 16 years	For families unable to attend the face-to-face Triple P / Triple P Teens programmes
Triple P Stepping Stones 9 Weeks	4 to 11 years	Developed for parents of children with developmental or physical disabilities who have disruptive behaviour. Triple P's proven parenting strategies provide ways to deal with childhood behaviour problems and issues that make family life stressful
Triple P Fear-Less 6 Weeks	6 to 14 years	Child with anxiety - helps set a good example of coping with anxiety, supports child to become more emotionally resilient and practical strategies to support.
Freedom (Women)		For women who have or are experiencing domestic abuse
Freedom (Perpetrators)		For perpetrators of domestic abuse

**Referral form to be completed and  
emailed to [FSD@Merton.gov.uk](mailto:FSD@Merton.gov.uk) along  
with supporting evidence**



# ONEPLUSONE DIGITAL RESOURCES

Merton's free accessible digital resources provided by OnePlusOne are designed to help parents understand the impact of their arguments on their children, and learn techniques to communicate better, handle stress, and manage conflict more constructively.

There are 3 evidence-based interventions available:



**Me, you, and  
baby too**

- expectant and new parents



**Arguing  
better**

- couples in a relationship experiencing conflict



**Getting it right  
for children**

- separating or separated parents experiencing conflict

<https://www.oneplusone.org.uk/parents>



# PARENTING PROGRAMMES AND SUPPORT FROM NETMUMS

netmums

Netmums Parenting Course is a short online course that guides parents and carers through key topics and challenges they might face, helping them become more confident parents.

The course is divided into bitesize sections so parents/carers can progress at their own speed, making the course convenient for all. Sections include, behaviours to ignore, parenting styles and managing expectations.

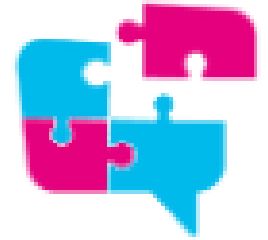
Netmums also provides lots of useful parenting information and tips for parents and carers as well as a parent forum.

[Netmums Parenting Course](#)



# PARENTING PROGRAMME DELIVERED BY ORGANISATIONS

## Who's In Charge? delivered by Jigsaw4U



The Who's In Charge? parenting programme is for parents and carers who have a child between the ages of 8-18 and are experiencing any form of abusive or threatening behaviour from their child.

The 9-week course aims to support parents who feel like they are losing control and want to handle conflict better, supporting them to make changes.

Professional and self-referrals are accepted.

[020 8687 1384](tel:02086871384) / [info@jigsaw4u.org.uk](mailto:info@jigsaw4u.org.uk)





# THE NATIONAL AUTISTIC SOCIETY PARENTING PROGRAMMES



## EarlyBird

Supports parents/carers of pre-school aged children (under five years) with a diagnosis of Autism. The 6-week programme aims to support families to understand autism and how children experience the world around them, develop interactions and communication with their child and understand their child's behaviour.

## EarlyBird Plus

Supports parents/carers of young people (4-9 years) with a diagnosis of Autism and for the professionals supporting them. The three-month programme consists of eight group sessions and two home visits. The course aims to empower parents/carers and to support a consistent approach between home and school.

## Teen Life

Supports parents/carers of children aged 10-16 with a diagnosis of Autism. The 6 week programme aims to support families to understand autism and how teens experience the world around them, develop interactions and communication with their teen and understand their teen's behaviour.

Cricket Green School for referrals - 020 8640 1177



# MAGIC 123 PARENTING PROGRAMME



Magic 123 parenting programme breaks the complex job of parenting into 3 easy steps:

1. Getting children to **stop** doing the things parents/carers don't want them to do (tantrums, whining, etc.)
2. Motivating children to **start** doing the things parents/carers want them to do (cleaning up, homework, etc.)
3. Bonding/building a positive relationship with their children

The most effective part of Magic 123 is that it encourages parents to talk less. When a child is throwing a tantrum, parents/carers attempting to talk to and reason with them just add to the overwhelming noise in their head! Magic 123 focuses on calm, non-verbal communication and signalling to help the child regulate their emotions and respond more appropriately to the situation.

The parenting programme is currently open to parents/carers with children up to the age of 12yrs with a diagnosis of Autism or ADHD who are currently under tier 3 CAMHS and awaiting medication.

020 3513 5000 / [mertonspareferrals@swlstg.nhs.uk](mailto:mertonspareferrals@swlstg.nhs.uk)



# THE NON-VIOLENT RESISTANCE PARENTING APPROACH



The Non-Violent Resistance (NVR) Parenting Programme has helped thousands of families to change their lives. Parents report increased confidence in their parenting, a greater sense of agency and improved relationships within the family.

This session is aimed at parents and carers struggling to manage their children/young people's behaviours of concern, and the people supporting them. It is a live and interactive presentation by the NVR Practitioners Consortium.

Sessions cost £7.50 - £15 and can be booked on [Eventbrite](#)



# PARENTING SUPPORT / ACTIVITIES



[Family support and parenting](#)

Merton children's Centres offer a range of programmes and meet-ups to provide support for families around language and communication, learning, behaviour and emotional wellbeing, including for families with children with SEND. Programmes and meet up's also give parents a chance to meet other parents and discuss any issues with a children centre practitioner.



[Merton Libraries Events](#)

Merton libraries have events for children under 5, including SEND activities, story time, rhyme time and stay & plays. These sessions support parent-infant relationships. All events can be booked via the library website.



Merton

[Home-Start Merton](#)

Home-Start Merton enables families experiencing stress or difficulties to meet the needs of their children from conception to five years old. Home-Start also offers weekly groups for parents and children who are supported by Home-Start Merton. These groups encourage socialisation, peer support and activities.  
0208 646 6044



# PARENTING SUPPORT / ACTIVITIES



## Young parents drop-in

A drop-in play session for parents aged under 21 years old with a child under the age of 5 years. Lots of opportunities for babies and children to play and meet other children and for parents and carers to meet new people and make friends. Staff can provide information and advice on child's learning and development.



## Portage Parenting Service

Portage Parenting Service is an educational support service for children 0-3yrs with significant additional needs and disabilities and their families. Designed around the individual needs of a child, the Portage Parenting Service helps parents and carers to become more skilled in supporting their child's development, either individually or as part of a group. Referral to the service is required. [fsd@merton.gov.uk](mailto:fsd@merton.gov.uk)

## **St Mark's Family Centre**

### St Mark's Family Centre

St Mark's Family Centre run parent and toddler groups. The Group provides a range of fun activities, promotes early social development, stimulation for children, and friendship for parents/carers. 020 8640 9595 / [info@stmarkscentre.co.uk](mailto:info@stmarkscentre.co.uk)



# PARENTING SUPPORT / ACTIVITIES



[St Lawrence Church](#)

St Lawrence Church in Morden run a Toddler group which is held in the Parish Hall. The toddler group is a drop-in session with free play, a craft table, bible stories and singing. Session's cost 50p per child which includes a drink and biscuit. Tuesdays term time (09:30am – 11am) 0208 648 3920



[Emmanuel Wimbledon](#)

Emmanuel Wimbledon offers a variety of activities for children 0-5, including Junior Jivers (2-4yrs - Friday's 10-11am) , Mum and Tots (0-3yrs – Wednesdays 10-11:15am), Dads and Tots (0-3yrs - Saturdays once a month), Rabbits and Robins (18 months – 3yrs – Sundays 10:30 – 11:45am) and Sunday school (3-7yrs – Sundays 10:30 – 11:45am). 020 8879 7400 / [hello@emmanuelwimbledon.org.uk](mailto:hello@emmanuelwimbledon.org.uk)



[St Luke's Church](#)

St Luke's Playgroup is for parents and their babies or toddlers. The playgroup offers friendship, fun, play, a time of singing together and refreshments. Fridays at 10am. 020 3874 6743 / [stlukessg@btinternet.com](mailto:stlukessg@btinternet.com)



# PARENTING SUPPORT / ACTIVITIES



[St Matthew's Church](#)

St Matthew's church toddler group provides a relaxed opportunity for parents and carers to bring their pre-school children for shared activities, play and refreshments. 9:30 – 11am, Tuesdays in term time. Each session costs £3 for the first child, £2 for siblings. 07950847440 / [hall.stmatthews@gmail.com](mailto:hall.stmatthews@gmail.com)

**ST MARY'S CHURCH**

[St Mary's church](#)

St Mary's church runs a playgroup where all carers are welcome to bring their under-fives to play. Each week they have a themed craft activity and the fun ends with the children singing nursery rhymes and playing musical instruments together. Meanwhile, the adults enjoy a chat, coffee, tea, biscuits and fruit. The cost is £2 per family per session. No booking necessary – just drop in. (Mondays & Fridays term time 9:30 – 11am). St Mary's church also runs praise & stay sessions which is a short service of bible stories and action songs, followed by toys and tea. (Wednesdays term time 9:30am – 11am). 020 8946 2605 / [catherine@stmaryswimbleton.org](mailto:catherine@stmaryswimbleton.org)



[Oasis Church](#)

Oasis Church in Collier's Wood runs a parent/carer & toddler group for all children under 5 years old. Parents can sign up via the online calendar link or by email. The session costs £1 per child. Monday's 10-11:30am. 020 8288 8866 / [Louisa@oasischurch.org.uk](mailto:Louisa@oasischurch.org.uk)



# PARENTING SUPPORT / ACTIVITIES



[Pollards Hill Baptist Church](#)

Pollards Hill Baptist Church runs Tots N Tinies which is a friendly group for parents/carers with children under 5. It provides a space for children to play and parents/carers to meet other parent/carers. Sessions cost £1 per family. Tuesdays term time (1pm – 2:30pm) 02098 675 6799 / [admin@phbc.org.uk](mailto:admin@phbc.org.uk)

**St John the Divine**

[St John the Divine, Merton](#)

St John the Divine runs an under 5's playgroup which is held in the church Hall. The Group provides a range of fun activities, promotes early social development, stimulation for children, and friendship for parents/carers. Sessions cost £2 per child. Thursday term time (10am – 12pm) 020 8542 2313 / 020 8616 5794



[Hartbeeps](#)

Hartbeeps runs classes from different locations within Merton. The classes on offer are Baby Bells - highly interactive classes for sitting babies (1 month - 8 months), Baby Beeps - highly interactive classes for sitting babies and toddlers (8 months - 18 months) and Happy House - highly interactive classes for toddlers and pre-schoolers (18 months - 4 years). £10.50 per session (when booking a term), £13.50 per drop in session. [kimmy@hartbeeps.com](mailto:kimmy@hartbeeps.com)





# PARENTING SUPPORT / ACTIVITIES



[NEMCA](#)

North East Mitcham Community Association (NEMCA) run Coffee & Crayon, a stay and play toddler group which includes toys, crafts and songs. Session costs £3.50 members, £4.50 non-members. Monday's term time (9:30-noon). NEMCA also offer Irish dancing and children's ballet for ages 3yrs+. 020 8685 9452 / [nemca@btconnect.com](mailto:nemca@btconnect.com)



[Polish Family Association](#)

The Polish Family Association run a baby and toddler group which is held at Collier's Wood Community Centre. Although primarily catering to the needs of the Polish and Eastern European communities, the playgroup is open to all parents. Fridays (10am – noon) 02036498260 / [info@polishfamily.org.uk](mailto:info@polishfamily.org.uk)



[Colliers Wood Community Centre](#)

The Colliers Wood community centre hosts many activities for children under 5. A baby and toddler group run by the Polish Family Association (Friday's 1am – noon, 02036498260 / [info@polishfamily.org.uk](mailto:info@polishfamily.org.uk)) , Funtime baby and toddler group (Thursday's 9:30am – 11:30am, 02085436470 / [info@collierswoodcommunityassociation.co.uk](mailto:info@collierswoodcommunityassociation.co.uk)), Little tiger's karate classes (Sunday's 10am – 1pm, 07412634026 / 07956331892) and Woodcraft Folk – a programme that includes drama, arts and crafts (Wednesdays, 07975756189)



# PARENTING SUPPORT / ACTIVITIES



[Salvation Army](#)

Baby Song run by the Salvation Army is a drop-in session where parents and carers can bond with their little ones (0-3yrs), by gently singing and playing together in a guided group. Sessions cost £2. Wednesdays term-time, 10-11.30am. [familyministries@salvationarmy.org.uk](mailto:familyministries@salvationarmy.org.uk)



[Lantern Arts Centre](#)

The Lantern Arts Centre offers activities for children 0-5yrs.

Once Upon a Story offers stories, songs and rhymes (Mondays term time, 10am – 10:35am. Sessions cost £6). [amy.phillips@lanternarts.org](mailto:amy.phillips@lanternarts.org)

Play Zone offers play time, refreshments and singing (Fridays term time, 10am – 11:45am. Session cost £2).



[Merton Mencap](#)

Merton Mencap supports people with a learning disability and/or autism, and their parents and carers. Merton Mencap offers parent forums, workshops and parent groups. 020 3963 0598 / [info.merton@mertonmencap.org.uk](mailto:info.merton@mertonmencap.org.uk)



# FAMILY SERVICE DIRECTORY


Merton Family Service Directory is a great resource to keep up to date with all activities and services available for children, young people and adults in Merton.

## Family Services Directory


### Family Services Directory

☰ My shortlist 0    My account


Keyword(s)    Place name or postcode    Family Services Directory    🔍




Activities and leisure



Childcare and education




Community groups and places



Family support and parenting



Health and wellbeing



Information, advice and support

#### What's On?

November 2023							»
Mo	Tu	We	Th	Fr	Sa	Su	
30	31	1	2	3	4	5	
<b>6</b>	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	1	2	3	
4	5	6	7	8	9	10	
Today							

Free early education for 3 and 4-year-olds






# ACTIVITY FINDER



Merton's Activity Finder is a great resource to keep up to date with all sporting activities available for children, young people and adults in Merton.

There are hundreds of free or low-cost activities in Merton to choose from.

[Activity finder](#)

 <p>Free</p>	2.9km away <b>Premier League Kicks - Free Football Session</b> 📍 Plough Lane Stadium, Plough Ln, London SW17 0NR, UK 📅 Thu 30th Nov at 16:30pm
 <p>£2.20</p>	3.5km away <b>Indoor Soft Play</b> 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 16:30pm
 <p>£2.20</p>	3.5km away <b>Indoor Soft Play</b> 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 17:30pm



# MERTON FAMILY HUB FACEBOOK

Merton Family Hub's Facebook page is also a great place to keep up to date with information, parenting support and services available.

[Merton Family Hub Facebook](#)

Follow us!



# FURTHER SUPPORT

Families can receive further information on activities available throughout the borough for under fives through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH take place Monday – Friday with a mixture of face to face and telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

