



# Parent Support Newsletter

A termly newsletter with information about community support and advice for parents

Your Family Support Worker is Leanne Russell

## Triple P Parenting Course

Free Online course

Tuesday, 12.30–14.30pm from 8th October 2024

Triple P is a positive parenting programme that shows parents and carers how the key principles of positive parenting can help their families. It helps build positive behaviour in children and confidence in parents abilities.

You will learn strategies to support building a positive relationship with your child. It helps parents to learn how to respond in a consistent way and how to ensure that they take care of themselves as parents.

Booking can be made through Eventbrite or by speaking to Mrs Russell

### Quote of the term

“Time together as a family is a gift”



Follow us on FACEBOOK @ Earl Spencer Primary School

**6 week course**  
**Fun Cooking Class**  
**For Kids** 6-10 Years old

At The Doddridge Centre  
109 St James Road, NN5 5LD

Commencing  
Thursday 12th September 2024

**6 kids per session**

**Thursday's**  
**4pm to 5:15 pm**

**Phone to Register**  
**01604 586384**

### Do you have a child aged 0-5 years....

Our Local Growbaby offers essential support, free clothing and practical help to families with babies and children under 5 years.

Just speak to Leanne Russell and you can be referred to this free service so you can pop in for a coffee and a chat



A free adviceline providing advice relating to SEND related matters. They support children and young with special educational needs and disabilities (SEND) and the parents and carers in West Northants.

We provide free, impartial and confidential information, advice and support for SEND children and young people aged 0 –25 years.

0300 126 1039 SENDIASS@westnorthants.gov.uk

Sept 2024