

Parenting Support Programmes 2026

Solihull Antenatal

The 6-week group is for mothers, fathers, partners or other family member to learn everything from preparing for birth to building a relationship with your baby that sets them up to thrive.

Our relaxed and welcoming group will include an interesting and enjoyable video, activities and time to learn about topics such as:

- Getting to know your baby in the womb
- Relaxation
- Getting ready for labour and birth
- Feeding your baby
- Adapting to parenthood

Venue	Dates
Barking Learning Centre, 2 Town Square, IG11 7NB.	Tuesday 13th January 2026 (10AM - 12PM).
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Tuesday 25th March 2026 (10AM - 12PM).
Village Community Hub, 215 Wellington Dr, RM10 9XW.	Tuesday 6th June 2026 (10AM - 12PM).
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Tuesday 8th August 2026 (10AM - 12PM).
Barking Learning Centre, 2 Town Square, IG11 7NB.	Tuesday 9th November 2026 (10AM - 12PM).

Solihull Postnatal Group

The 6-week group is for mothers, fathers, partners or other family member involved caring for a baby from birth to approximately 6/9 months.

Our relaxed and welcoming group will include an interesting and enjoyable video, activities and time to learn about topics that parents with young babies tell us are important to them.

- develop healthy sleep patterns & a healthy feeding
- develop relationship with your baby now & in the future
- understanding baby's developmental & play needs

Venue	Dates
Village Community Hub, 215 Wellington Dr, RM10 9XW.	Tuesday 23rd February 2026 (9:45AM - 11:45AM).

Barking Learning Centre, 2 Town Square, IG11 7NB.	Tuesday 24th April 2026 (10AM – 12PM).
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Tuesday 13th July 2026 (10AM – 12PM).
Barking Learning Centre, 2 Town Square, IG11 7NB.	Tuesday 23 rd October 2026 (10AM – 12PM).

Solihull Group

The 10-week group is for mothers, fathers, partners or other family members involved in caring for toddlers to teenagers (6 months - 19 years)

What can I expect when I come to the group?

Our relaxed and welcoming group will include an interesting and enjoyable video, activities and time to learn about topics that parents with children and young people tell us are important to them.

- Tuning into children
- Exploring feelings
- Parenting styles
- Communication - What is being communicated through a behaviour
- Temper tantrums' and what might be meant by them
- Sleep patterns and difficult behaviours

Venue	Dates
Barking Learning Centre, 2 Town Square, IG11 7NB.	Thursday 8th January 2026, (10AM - 12PM).
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Thursday 30th April 2026, (10AM - 12PM).
Dagenham Learning Centre, 1 Church Elm Lane, Dagenham RM10 9QS.	Thursday 9th September 2026, (10AM - 12PM).

Triple P Stepping Stones- up the age of 12 years

An 8-week programme for parents of children with a disability, diagnosed additional need or long-term health condition.

The programme helps parents to:

- manage problem behaviour and developmental issues
- develop a closer relationship
- encourage positive behaviour
- cope with stress
- teach your child new skills

Venue	Dates

Thames Community hub, Bastable Ave, Barking IG11 0LH.	Monday 12th January 2026, (10 AM – 12 PM)
CYPD Hub, Becontree Community Hub, Stevens Road, Dagenham RM8 2QR.	Tuesday 13th January 2026, (10 AM – 12 PM)
CYPD Hub, Becontree Community Hub, Stevens Road, Dagenham RM8 2QR.	Monday 20th April 2026, (12:30 PM – 2 PM)
Dagenham Learning Centre, 1 Church Elm Lane, Dagenham RM10 9QS.	Monday 27th April 2026, (12:30 PM – 2 PM)
CYPD Hub, Becontree Community Hub, Stevens Road, Dagenham RM8 2QR.	Monday 14th September 2026, (10 AM – 12 PM)
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Monday 17th September 2026, (10 AM – 12 PM)

Strengthening Families Strengthening Communities 0-19 years

Strengthening Families Strengthening Communities Parent Programme is a 13 week programme that focuses on strengthening the parent-child relationship and equipping parents/carers with strategies to effectively manage their child's behaviour. SFSC also explores ways to build stronger community connections and improve relationships with those around them. It addresses challenges related to community violence. The programme encourages parents to embrace and incorporate their own traditional customs and positive values, celebrating their ethnic, spiritual, and cultural backgrounds.

Topics covered include

- Understanding children's development
- Building positive family relationships
- Valuing family and cultural traditions
- Positive discipline methods
- Handling stress and anger
- Community involvement

Venue	Dates
Marks Gate Community and Family Hub, Rose Lane, RM6 5NJ.	Thursday 8th January 2026, (9:45AM-12:45PM)
Barking Learning Centre, 2 Town Square, IG11 7NB.	Thursday 15th April 2026, (9:30AM-12:30PM)
Thames Community hub, Bastable Ave, Barking IG11 0LH.	Thursday 10th September, (9:30AM-12:30PM)

Empowering Parents Empowering Communities

A 10-week peer led support programme for parents of children with a diagnosis of ASD under 4 years with social, communication difficulties, on referral pathway to diagnosis or diagnosed with ASD:

- Learn practical parenting skills
- Understand child's needs
- Meet likeminded parents

<https://www.sycamoretrust.org.uk/latest/article/EPEC-at-the-Sycamore-Trust>

Sycamore Trust 27- 29 Woodward Road Dagenham RM9 4SJ	Thursday 23 rd April – 2 nd July 10AM -12.30PM
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Infant Feeding Support groups

Drop-in sessions which offer a safe non-judgemental space for parents to access advice and support on all aspects of feeding their baby

Sessions are available at various locations

https://www.lifelineprojects.co.uk/infant-referral/?_gl=1*15pjbf9*up*MQ..*_gs*MQ..&gclid=Cj0KCQiAs5i8BhDmARIsAGE4xHxNuxUWLb6QiyfXVsCYf5lRqsPhApB5ia0HVrbvb8pvJrXxd-Gij0MaAhZvEALw_wcB

for more information contact Caroline - 07354 609137

Baby Massage course

A 5-week course for parents and babies up to six months, the course will:

- Promote bonding and attachment
- Improve sleep
- Reduce colic
- Support baby's development

Available at various locations across Barking and Dagenham pre booking only for more information go to babymassage@lbbd.gov.uk



To sign up for parenting programmes or request further information click on the link below

Parenting Programme Registration: <https://forms.office.com/e/M5sP1RxPh8?origin=lprLink>



**SCAN HERE FOR THE PARENTING
PROGRAMME REGISTRATION FORM**