NORTHAMPTONSHIRE
POLICE, FIRE & CRIME
COMMISSIONER
Stephen Mold

OPFCC Early Intervention Team

FREE Virtual Parenting Workshops Catalogue

"The Early Intervention service offers support for children, young people and their families and aim to prevent the need for longer term and more costly and complex intervention. Within the team we have specialisms such as prevention and education around knife crime and exploitation and we support families affected by domestic abuse."

Professionals can refer individuals onto the next available workshop by clicking on the link below and completing the referral form.

The family does not have to be currently working with us to access the workshops.

OPFCC Workshop Referral

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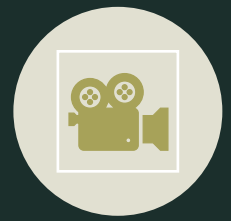
How it Works

PROFESSIONAL COMPLETES A REFERRAL WITH THE INDIVIDUAL'S CONSENT

ONCE THE REFERRAL FORM IS RECEIVED, ONE OF THE TEAM WILL CONTACT THE INDIVIDUAL VIA EMAIL AND SEND THEM A BOOKING FORM WITH THE DATES AND TIMES OF THE SPECIFIED WORKSHOP

A FEW DAYS BEFORE THE WORKSHOP THE TEAM WILL SEND OUT THE MICROSOFT TEAMS LINK TO THE WORKSHOP WITH INSTRUCTIONS ON HOW TO JOIN



ON THE DAY OF THE WORKSHOP, THE INDIVIDUAL WILL JOIN THE WORKSHOP ON MICROSOFT TEAMS. PARTICIPANTS DO NOT HAVE TO HAVE THEIR CAMERA ON AND CAN CHANGE THEIR NAME ON SCREEN FOR ANONYMITY IF DESIRED

TWO PRACTITIONERS WILL DELIVER THE WORKSHOP LASTING APPROXIMATELY ONE HOUR, WITH TIME AFTER FOR QUESTIONS

THE PARTICIPANT WILL BE ASKED TO COMPLETE A FEEDBACK FORM ON THE WORKSHOP

Domestic Abuse & Parental Conflict

Workshop	Objectives	Outcomes
Emotional impact on Children who experience family conflict	• For adults to look how their behaviours impact their children and can create ACE's • Looking at how children express their emotions when living with parental conflict	• For Parents to have a better understanding of the impact of parental conflict on their children and reduce the chances of children being emotionally impacted.
Healthy and Unhealthy Relationships	• To learn about healthy and unhealthy behaviours in a relationship • Looking at warning signs and red flag behaviours • Looking at how healthy and unhealthy behaviours can affect our emotional wellbeing and behaviours	• A reduction in police call outs for domestic related incidents in Northamptonshire • Parents will have a greater understanding of healthy and unhealthy relationships and how these affect their emotional wellbeing and behaviour

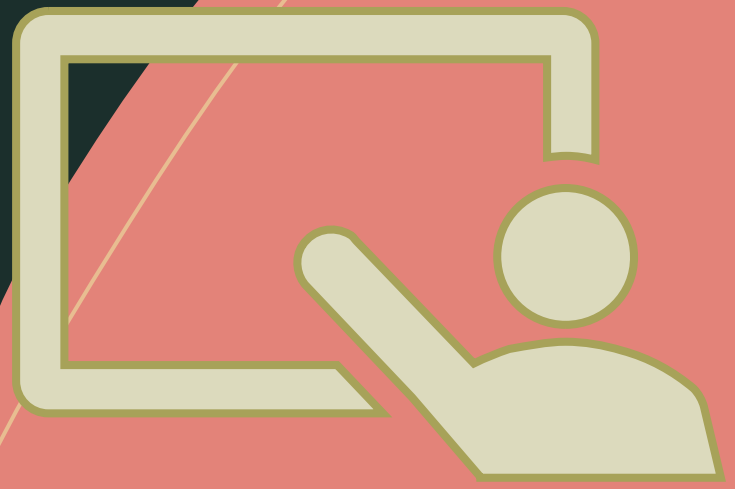
Parenting

Workshop	Objectives	Outcomes
Managing challenging behaviours	• To take parental control back • To be consistent but fair when implementing boundaries and routines • Consider / Identify the triggers before the behaviours. • Modelling behaviours • How to pick your battles	• Parental confidence to challenge negative behaviours in a positive way • Reduce conflict in the home • Child/YP feels listened to, can start to share their worries and feelings safely • Strategies to create and maintain a happy environment at home and positive family relationships
Positive Parenting	• To understand and how to reduce conflict • Focus on what's working well • The importance of being honest, open and respectful • How to foster a healthy attachment	• Improve parent and child relationships • Increase the child's confidence and self-esteem. • Having a shared respect between child/children and parent/s • Home to be a happy and calm environment
Managing Teenage Behaviour	• To gain an understanding of the teenage brain • To gain an understanding of the causes of challenging behaviours in teenagers • To learn some strategies to address challenging teenage behaviours • To build a positive relationship with your teenager	• Parents to understand the changes/developments the teenage brain undergoes • Parents to gain awareness of the 'typical' behaviours • Parents to have gained several, successful strategies to manage their teenager's behaviours • Parents to be upskilled in how to form a more positive bind with their teenager
Self Care	• Reflecting on you feel at this moment? • Recognising the impact of our emotional wellbeing on yourself. • Recognising the impact of our emotional wellbeing on others, inc children, partner, work colleagues etc. • Prioritising the importance of your self care to have a positive impact on others.	• A good understanding of personal wellbeing. • Ability to be able to recognise triggers and implement strategies • Be confident with reaching out for support and accept help when needed

FREE Training For Schools

We happily offer FREE, in-house, 1 hour training sessions for schools on **Adverse Childhood Experiences (ACE)** and how we can help students and families.

- What are ACE's?
- Indicators of ACE's
- Applying ACE's when using Thresholds and Pathways
- Who are the Early Intervention & ACE Team?
- Referral pathway
- Apply learning through discussion and case study activity



To book an appointment please contact Cheryl Vincent on cheryl.vincent@northantspfcc.gov.uk