

Briefing Pack

Free parenting classes for
Camden parents and carers



About the classes:

Camden Children's Centres and Family Hubs offer free parenting classes for families with children aged **0–19**.

Whether they're expecting a baby, raising a teen, or parenting a child with additional needs – there's a course for every family. Classes are available **online and in person** (including at some primary schools). Some venues also offer a **crèche** and classes are available in **other languages**.

We're looking for more primary schools to host in-person sessions **for children under 5**.

How Partners can help:

- Invite us to your venue to promote the classes – contact Lana Alwaily or Helen Hibbard (Parenting Team Managers) at familyhubs@camden.gov.uk
- Share via **newsletters, websites or blogs**. (Suggested copy available [here](#))
- Display **leaflets/posters** (digital versions available [here](#), or request printed copies from familyhubs@camden.gov.uk)
- Share this [short video](#) from Camden parents
- Encourage parents to sign up at: families.camden.gov.uk/parenting-classes

Key links:

- [All parenting classes](#)
- [Solihull Approach](#)
- [Triple P](#)
- [SFSC](#)
- [Caring Dads](#)
- [OnePlusOne – relationship support](#)

Classes at a glance:

Antenatal (pregnancy)	<ul style="list-style-type: none">• Understanding pregnancy, labour, birth and your baby (in-person and online)• Understanding pregnancy, labour and your baby: for women couples (online)
Age 0 to 6 months	<ul style="list-style-type: none">• Understanding your baby (in-person and online)• Understanding your preterm or sick baby in hospital (online)• Understanding your preterm or sick baby now you're home (online and in-person)• SFSC: Parenting Programme. For parents and carers of children aged 0 to 18 (online)• SFSC: Stronger Relationships. For co-parents (living together or apart) of children aged 0 to 18 (online)• OnePlusOne parenting classes. Me, You and Baby Too. For new parents (online)• Caring Dads. For fathers and male carers of children (up to age 16) in harmful relationships with their children or their children's mothers. (in-person, referral required)
Age 6 months to 19+	<ul style="list-style-type: none">• Understanding your child's behaviour. For parents and carers of children aged 6 months to 5 years (in-person and online)• Triple P parenting course. For parents and carers of children under 5 (in-person)

<p>Age 6 months to 19+</p>	<ul style="list-style-type: none"> • Triple P parenting course. For parents and carers of children under 12 (online) • Understanding your child: from toddler to teenager (online) • Understanding your child's mental health and wellbeing (online) • Understanding your child's feelings (online) • Understanding the impact of the pandemic on your child (online) • Fear-Less Triple P course. For parents and carers of children aged 6 to 14 who are experiencing anxiety (online) • Understanding the impact of the pandemic on your teenager (online) • Understanding your teenager's brain (online) • Teen Triple P course. For parents and carers of children aged 10 to 16 (online) • SFSC: Parenting Programme. For parents and carers of children aged four to 17 (in-person) • SFSC: Parenting Programme. For parents and carers of children aged 0 to 18 (online) • SFSC: Stronger Relationships. For co-parents (living together or apart) of children aged 0 to 18 (online) • Caring Dads. For fathers and male carers of children (up to age 16) in harmful relationships with their children or their children's mothers (in-person, referral required)
<p>Special educational needs and disabilities (all ages)</p>	<ul style="list-style-type: none"> • Understanding your child with additional needs (online) • Moving up to secondary school for children with additional needs (online) • Cygnet Autism Support Programme. For parents and carers of children and young people with autism aged 5-18 (in-person)
<p>For teenagers (designed to help them understand themselves)</p>	<ul style="list-style-type: none"> • Understanding your brain - for teenagers only! (online) • Understanding your feelings - for teenagers only! (online)
<p>For adults</p>	<ul style="list-style-type: none"> • Understanding your relationships (online) • Understanding your own trauma (online) • Family Transitions Triple P Online. For parents going through separation or divorce to help support their child through this transition (online) • SFSC: Stronger Relationships. For co-parents (living together or apart) of children aged 0 to 18 (online) • OnePlusOne parenting class. Arguing Better. For all parents (online) • OnePlusOne parenting class. Getting It Right for Children. For parents who are separating (online)

Thank you in advance for your support



Family Hubs Camden



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