

Pathway for Parenting Groups 2020

Information provided by:

The Guernsey Health Visiting Service

Address:	Lukis House, Grange Road, St Peter Port, Guernsey, GY1 2QG
Tel No:	+44 (0) 1481 725241
Email:	Health.Visitors@gov.gg
Website:	www.gov.gg/healthvisitors

Key:

=

**Universal Healthy Child Programme
open to all parents**

or

**Extra support available for
identified parents**



Antenatal

Great Expectations 4 week antenatal programme for first time parents to be. Topics include, health and wellbeing, Birth and Labour, Safe Sleep, Responsive Feeding and Life with Baby
Community Midwives - Tel: 707682
Breastfeeding information Session
Information and discussion group regarding breastfeeding for expectant parents.
To book on monthly session please contact. Held at Bright Beginnings
Community Midwives – Tel: 707682 ext: 4335

Hypno Birthing 4 week relaxation and mindfulness techniques for mums to be to help decrease stress and cope with Labour.
Community Midwives - Tel: 707682
By referral.

Mellow Bumps 6 week antenatal psychological attachment based small group to help decrease isolation and stress, help mums to be begin to bond with their baby and the importance of social interactions. Emphasises importance of early parental interaction for baby's brain development.
By referral from health professional

0 – 1 YEAR

Post Natal Group Two sessions for new parents, covering First Aid for Baby's including Resuscitation, Baby Massage and Communication Techniques, Developmental Stages.
Child Health, Lukis House Tel: 725241
Weaning Group
Evidence based discussion group for parents with babies 5 – 6 months discussing introducing solid food.
Gillian.Prigent@gov.gg

Baby Massage Group 4 week course for parents and babies to practise Baby Massage, Relaxation and Communication.
Bright Beginnings Children's Centre -Tel: 244919

Bosom Buddies Support group for breast feeding women.
Bright Beginnings, Tues 12 - 1pm Community Midwives - Tel: 707682 Health Visitors – Tel: 725241

1 – 3 YEARS

Incredible Years Toddlers 14 week 1 - 3 years. Help parents understand child's development and increasing independence. To learn strategies to manage challenging behaviour such as bedtime battles and tantrums to enjoy their toddler more.
By referral.
Kay.Lindsay@gov.gg

3 – 5 YEARS

Incredible Years Basic
Early intervention for behaviour to support families 3 years -school Age. Topics include The Importance of Play, Communication, Clear Commands and Household Rules.
Kindred Family Centre – Tel: 253279
Kay.Lindsay@gov.gg

Pathway for Parenting Groups 2020

Antenatal	0 – 1 YEAR	1 – 3 YEARS	3 – 5 YEARS
<p><u>Mellow Dads To Be</u> Decrease isolation and stress, to support pregnant partner emphasises the importance of early interaction for brain development. <i>Bright Beginnings Children's Centre</i> – Tel: 244919 By referral from Health Professional.</p> <p><u>Action for Children Young Parents To Be and Parents With Prospects Programme</u> Support and educate pregnant teenagers / parents to be young parents' Level 1 Qualification Tel: 700218 guernsey@actionforchildren.org.uk</p> <p><u>MECSH</u> Intensive home visiting programme to support parents in first 2 years of child's life. <i>By referral from Midwife or Health Visitor.</i> Vicky.Wiskin@gov.gg</p>	<p><u>Incredible Babies</u> Parents and Baby's 0 - 8 months. 8 week group for early intervention and support for parents. Topics including positive nurturing of young babies, communication and supporting stages of development in the first year.</p> <p><u>Women's Physiotherapy Referral</u> To improve core strength following birth complications. Women's Physiotherapy <i>By referral from Health Professional within 12 weeks postnatal period.</i> info@guernseytherapygroup.com Tel: 232900</p> <p><u>Super Senses</u> 6 weeks, 6 - 12 months. Focussing on various elements of a child's development. <i>Kindred Family Centre – Tel: 253279</i></p>		

Across all Ages:
<p><u>Let's Talk, Lets Listen</u> Supportive nurturing group for mums suffering from anxiety and low mood, ante or post natal www.gov.gg/kindredfamilycentre / Tel: 253279</p>
<p><u>Just 4 Dads</u> Small informal 7 week parenting group for fathers. Topics include play, communication, boundaries and first aid. www.everychild.org.gg / <i>Bright Beginnings Children's Centre</i> / Tel: 244919</p>
<p><u>Mellow Mums, Mellow Dads</u> Two separate 14 week attachment and relationship based group with crèche. Helping parents explore their own childhood experiences and develop ideas for positive relationships with their children. Includes activities involving the children. <i>By referral from Health Professional.</i> www.everychild.org.gg / <i>Bright Beginnings Children's Centre</i> / Tel: 244919</p>
<p><u>Beyond Blue</u> Perinatal mental health support www.everychild.org.gg / <i>Bright Beginnings Children's Centre</i> / Tel: 244919.</p>
<p><u>Parent Empowerment Programme</u> Individual mentoring weekly programme, for parents who wish to change their lifestyles. sue@trinityqsy.org / Tel: 724319</p>
<p><u>Caring Dads</u> An intensive 17 week programme to support men who are or have been abusive and wish to become a caring and safe father. www.gov.gg/kindredfamilycentre / Tel: 253279</p>
<p><u>Home-Start</u> Homes-Start is a local based charity that offers support, friendship and practical help to parents with young children www.home-startguernsey.org.gg / contact@home-startguernsey.org.gg / 01481 720382</p>
<p><u>Breaking Free</u> An 8 week supportive group exploring Cognitive Behavioural Therapy to help women who are experiencing postnatal depression and anxiety <i>By referral</i> www.gov.gg/kindredfamilycentre / Tel: 253279</p>

For information about school age parenting groups, please visit: www.gov.gg/schoolnurses