

UNDER 5s EMOTIONAL SUPPORT



WHAT'S INCLUDED?

Parent focused 1:1 support

- Social and emotional wellbeing difficulties
- Emotional behaviour support strategies
- Attachment and bonding
- Parent/child relationships

Parent/Carer Peer Support

- Peer to Peer support
- Parental wellbeing to aid development and additional needs of children
- Group work
- Signposting

EPEC

EPEC is a free, parent-led, evidence-based parent support programme, designed to empower parents to share experiences, learn new skills. Participants can go on to become parent group leaders to facilitate programmes to other parents within the borough.

VIPP - feedback

VIPP (Video intervention to Promote Positive Parenting).

This intervention can be offered in the home with the aim of building stronger relationships between parents and children through an interactive approach.

VIPP aims to increase parental confidence, building on skills and knowledge already gained.

Contact us to find out more

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www.bromley-y.org