

Parenting programme

May 2023 – March 2024



An annual planner for **FREE** parenting sessions held in our various children's centres across Reading.

May start 2023

Mellow Bumps
Whitley CC
Starting Tues 2 May

**Webster Stratton
toddler**
(Ranikhet CC)
From W/C 8 May
12 weeks
Creche available

June start 2023

Dads-to-Be
(Sun Street CC)
2 weeks

Sept start 2023

YMTB
(Sun Street CC)
12 weeks
From 13 Sept

Mellow Babies
(Whitley CC)
14 weeks
W/C 11 Sept 2023
Creche available

Mellow Toddlers
(Whitley CC)
14 weeks
Creche available

October start 2023

Dads-to-be
(Soutcote CC)
Evening course
Day/time tbc
2 weeks

Mellow Bumps
(Ranikhet CC)
W/C 2 October

Jan start 2024

YMTB
(Ranikhet CC)
12 weeks
10 Jan 2024

**Webster Stratton
Toddler**
(Southcote CC)
Jan-April 2024
12 weeks
Creche available

Feb start 2024

Dads-to-be
(Ranikhet CC)
Evening course
Day/time tbc
2 weeks

Mellow Bumps
(Sun Street CC)
W/C 2nd Oct 2023

March start 2024

Mellow Babies
(Ranikhet CC)
14 weeks
Creche available

Find out more!



more info overleaf

For all sessions, please book your place.

Email: reading.childrencentres@brighterfuturesforchildren.org

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More information on our FREE parenting sessions



YMTB Young Mums-To-Be: A 12-week antenatal course taught with a Poppy Team midwife to help pregnant young first time mums prepare for a new life as a parent. You will learn about having your baby and preparing for labour and birth. We explore the changes to you and your baby to understand antenatal development. We discuss the knowledge and understanding you need to care for your baby in the first 6 months and the support available. The course aims to help you develop skills around social interactions, managing emotional well-being and self-confidence.

Dads-To-Be: A 2-week evening session where expectant fathers can get practical advice from a midwife from the RBH and explore the emotional implications of having a new baby on both parents, as well as ways to support emotional well-being. It is a relaxed, friendly session and a great way to meet other expectant fathers.

Mellow Bumps: A 6-week antenatal group, especially relevant for families needing extra support eg. those working with a family worker, social worker, specialist midwifery team, perinatal mental health team or requiring extra support from health-visiting team. It is intended to decrease the stress levels of mums-to-be in pregnancy, to understand the importance of early interaction with babies for their brain development. The mums-to-be are also helped to identify their own needs and how to access support both in pregnancy and after the birth of their baby.

Mellow Mums & Babies: A 14-week, one day a week group for mums with babies aged 12 weeks to 1.5 years. Free creche on site where the babies will be cared for 2 hours in the morning and 2 hours in the afternoon. Between sessions there is a shared lunch and joint activity to help parents to enjoy interacting with their babies. Mums explore their own experiences to help them understand their care giving style. The programme is designed to improve attachment and develop strong parent-child relationships. Mellow Mums & Babies is a group based approach designed to support families who have additional health and social care needs.

Webster Stratton: A 12-week course, focusing on children aged 1-3yrs. Exploring simple but effective ways to enhance your child's emotional and social competence. You'll learn how to use play, language, positive discipline strategies and more to build a good relationship with your toddler. Free creche for under 5s to attend while their parent/carer attends the course.

Find us at:

Ranikhet Children's Centre

Thurso Close
Reading
RG30 4YH

Southcote Children's Centre

85 Coronation Square
Reading
RG30 3QP

Whitley Children's Centre

330 Northumberland Ave
Reading
RG2 8DH

Sun Street Children's Centre

Sun Street
Reading
RG1 3JX

If you are working with a family that you think would benefit from one of the courses, email:
sue.blackwood@brighterfuturesforchildren.org or sarah.ashton@brighterfuturesforchildren.org
A parenting referral will need to be completed through mosaic.

Follow us at
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