Parent Support Team

EAST SUSSEX

Support for Parents and Carers

Courses, webinars and drop in sessions for all parents and carers with children aged 0–19 across East Sussex.

parentsupport@eastsussex.gov.uk

https://familyhubs.eastsussex.gov.uk/activities

The Parenting Team

Early Help 0-19
Respect | Partnership | Strength

NHS
East Sussex Healthcare
NHS Trust

East Sussex
County Council

FAMILY HUB
EAST SUSSEX

Groups

Weekly 2 hr sessions for 4-8 weeks

Positive Parenting Programme 2-12

(Triple P)

Want some practical support for every day parenting challenges?
Learn how to build stronger routines and relationships for positive behaviour.

Supporting Parents of Teenagers 10+

(STOP)

Want to navigate explosive emotions and go from conflict to calm?
Learn strategies for tricky teen moments - the closest thing to a manual for raising teens.

Parenting Children With Anxiety 4 +

(Triple P)

Want to support your child through their worry and fear?
Learn strategies to support your child's emotional resilience.

Parenting Children with ADHD 4+

(New Forest Parenting Programme)

Understand how amazing and unique children with ADHD are.
Lean strategies to support your ADHD child's regulation and attention.

EarlyBird (2-4 yrs)/ EarlyBird Plus (4-9 yrs)

(National Autistic Society)

Want to build a better understanding of your autistic child?
Learn how to make sense of your autistic child's communication, behaviour and sensory needs.

Teen Life 10+

(National Autistic Society)

Want to navigate adolescence with your autistic teen?

Learn to make sense of your autistic teens behaviour and needs, with practical tools and ideas to help.

Parent Relationship Support

Harmony at Home

Want to improve your communication as a couple and have a calmer household?
Learn how to improve teamwork, reduce conflict and put your children at the heart of your communication.

Calmer Co-Parenting

(Triple P)

For parents who are separated or divorced.
Learn at your own pace, anywhere, anytime.
Want calmer communication and less stress as a co-parent?

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Webinars

One off 2 hour workshops

Managing Anxiety and Avoidance in Children (2-12 yrs)

Learn to support your child with their anxiety.

Becoming a Positive Parent (2-10 yrs)

Learn 5 simple strategies for calmer family life.

Learning about Neurodivergent Children (2-19yrs)

Understand what neurodivergence means and how it impacts behaviour.

Triggers Tantrums & Teaching Moments (2-12yrs)

Learn to make clear boundaries and problem solve.

Being a Neurodivergent Parent

Learn and share supportive strategies that work for you and your family.

Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts

1-1 Drop In Sessions

Join us for an informal chat about anxiety, behaviour, SEND, neurodivergence, teenagers, or any parenting questions.

Please look on our website for current dates of our drop ins.

Face to Face

At Family and Youth Hubs across East Sussex

- Shinewater
- Hailsham
- The Archery
- Sidley
- The Joff, Peacehaven
- Hastings Town
- East Hastings
- Uckfield
- Heathfield
- Lewes

Parent Support Appointment

Book a 30 minute online one to one session with one of the team.

You can join from anywhere and can even share the link with other co-parents or family members.

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For current dates of groups, webinars or drop ins, please visit our website or scan the QR code.

To receive the booking form, please email us

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