



# PROGRAMMES FOR PARENTS/CARERS & FATHERS

in ENFIELD

April - July 2026

# Small changes, big differences.



## Triple P for Baby –

### A positive start for babies and parents

Aims to prepare parents-to-be and parents (including fathers) with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

Topics covered includes:

Session 1: Positive parenting

Session 4: Partner support

Session 2: Responding to your baby

Sessions 5-7: Implementing parenting routines

Session 3: Survival skills

Session 8: Ways to maintain changes

#### WHEN?

Wednesdays, 22 April – 24 June 2026 at 10am - 12noon; or

Mondays, 1 June – 20 July 2026 at 12:30pm - 2:30pm

#### WHERE?

Wednesdays, Ponders End Youth & Family Hub, 141 South Street, EN3 4PX; or

Mondays - Craig Park Youth & Family Hub, 2 Lawrence Road, London N18 2HN

**HOW TO BOOK ONLINE?** [Triple P Baby Referral](#)

**CONTACT INFORMATION:** [ParentingProgrammes@enfield.gov.uk](mailto:ParentingProgrammes@enfield.gov.uk)



[Parenting Directory](#) | [Enfield Council](#)





# The Circle of Security Parenting

**Circle of Security Parenting groups are designed to give Parents (including Fathers) 'a map' for understanding and responding to their children's emotional needs.**

Circle of Security Parenting is not about fixing or managing behaviour – it is about strengthening the relationship and focusing on the most important thing of all – our relationship with our children. Circle of Security Parenting helps parents focus on connection, not correction. When we understand our child's needs, behaviour starts to make sense.

#### **Aims of the Programme:**

- Build a closer, more connected relationship with your child
- Understand what your child needs, not just their behaviour
- Focus on connection, especially when things feel hard
- Learn what your child is really trying to tell you through their behaviour
- Feel more confident in your parenting

Participants attend a 2-hour group session once per week for 8 weeks

**Who is it for?** Parents/Caregivers (including Fathers) of children ages 4 months to 5 years old

**When?** **Mondays**, 20 April – 22 June 2026; or **Fridays**, 15 May – 10 July 2026

**Where?** **Mondays**, Craig Park Hub, 2 Lawrence Road, N18 2HN; or **Fridays**, Ponders End Family Hub, 141 South Street, EN3 4PX

**Time?** **Mondays** 10am – 12noon; or **Fridays** 10:30am - 12:30

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**



**Contact Information:** [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)

# strengthening families strengthening communities

## Programme for Parents/Carers

### Strengthening Families, Strengthening Communities (SFSC)

is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

**Who is it for?** All parents/carers

**How long?** 13 weeks - each week you attend a 3-hour session in person

**When?** Wednesdays, 15 April – 15 July 2026 (except 27 May) & Fridays, 17 Apr – 17 Jul 2026 (except 29 May)

**What time?** 9:45am – 12:45pm

**Where?** Wednesdays - Ponders End Family Hub, 141 South Street, EN3 4PX

Fridays – Craig Park Family Hub, 2 Lawrence Road, N18 2HN

**Certificate Award Ceremony at end**

**How to Book?** [Strengthening Families, Strengthening Communities Programme](#) or scan QR code



Accredited by



[www.enfield.gov.uk](http://www.enfield.gov.uk)



Online  
Course

# Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

## What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

## Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

## Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.



To find out more scan  
QR code or email:  
[sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



Available options:

- Stronger Relationships group starting Thursday 02/04/2026, 6:30pm
- Stronger Relationships group starting Wednesday 08/04/2026, 7:30pm
- Stronger Relationships group starting Monday 13/04/2026, 10:00am
- Stronger Relationships group starting Wednesday 08/04/2026, 11:15am

**BOOK HERE** → [Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities](#)

Online  
Course

# strengthening families strengthening communities

Want to get some new ideas to help  
you be the best parent you can be?  
Enhance your relationship with your children?  
Learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

### What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

### Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

### Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the  
QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



Available options:

- **Group starting Wednesday 25/03/2026, 11:30am**
- **Group (Kinship and Non-Biological Carers Only) starting Thursday 02/04/2026, 10:30am**
- **Group starting Thursday 09/04/2026, 12:30pm**
- **Group starting Friday 10/04/2026, 10:00am**
- **Group starting Friday 10/04/2026, 12:00pm**
- **Group (Parents of Year Five Students Only) starting Thursday 16/04/2026, 1:00pm**
- **Group (For Parents of Children Under Three Only) starting Thursday 30/04/2026, 11:30am**

**BOOK HERE** → [Registration – Strengthening Families, Strengthening Communities](#)

# Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory



For more information visit [www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)

**Start for  
Life**

0-2 years



**Early  
Years**

1-5 years



**Primary  
Years**

4-11 years



**Tweens &  
Teens**

10-18 years

