

What it is HeadStart Parenting?

HeadStart Hull has three Parenting Practitioners, one based in each locality in the city.

We work with parents to support the emotional wellbeing of young people aged 10-16, providing one to one support and group work.

What do we do?

We improve emotional wellbeing support for parents through parental education, enabling parents to provide emotional warmth, stability and consistency to empower their children to grow into healthy young adults.

- We deliver workshops in school and in the community
- We deliver parenting programs such as Strengthening Families 10-14 and Strengthening Families, Strengthening Communities.
- We support parents to remove any barriers to parenting including their own emotional well-being and family conflict.
- We work with families to improve boundaries and behaviour, showing love and limits and improve relationships
- We support families to improve school attendance and deal with issues such as bullying

Who do we work with?

We work with parents and carers of young people aged 10-16 and we deliver support alongside other partner agencies.

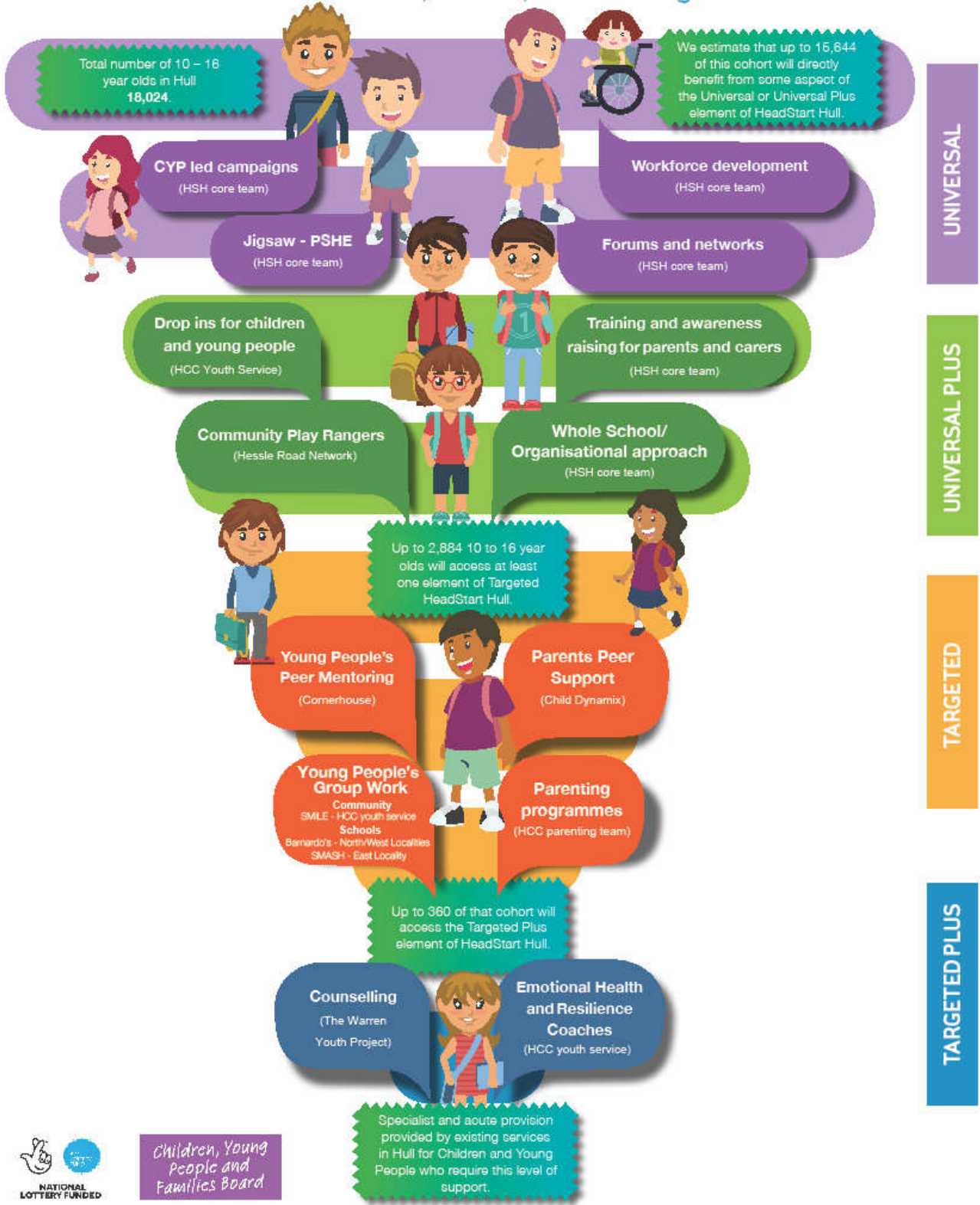
Referrals from other organisations are made through completing a Headstart Hull checklist and emailing to parenting@hullcc.gov.uk

Parents can self-refer or get more information by calling the team on **01482 615523**.



HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"



Children, Young People and Families Board