

Monmouthshire Acorn Project

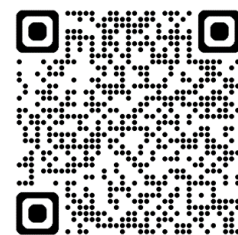
Monmouthshire Acorn Project is a parent support service that is funded by Families First. We work with families that live in Monmouthshire with children aged 3 – 18yrs old. We offer courses and workshops that support parents in several different ways. We run face to face and online groups via Microsoft Teams. We work on a needs lead basis doing our best to accommodate parents in different ways. We know life is busy, so we now offer courses online during the evenings. To book on and find a course or workshop that suits you and your family, either follow us on Facebook for the latest information or use the QR code below to register.



Acorn Project
Registration Form



Mccparenting@monmouthshire.gov.uk



Monmouthshire
Facebook QR code

Circle of Security

Circle of Security is a relationship-based parent course that runs for 9 weeks. We run this course on MS Teams and face to face across Monmouthshire. Circle of Security helps us to have the time and space to think through and reflect situations that are happening at home and our relationships so that we can support our children to the best of our ability. We can do this by helping our children to understand their emotions to enable them to communicate what they are feeling.

Practical Parenting

Practical parenting is our strategy-based course that runs for 7 weeks. We run this course on MS Teams and face to face across Monmouthshire. Each session covers a different topic where we discuss and think through different practical ideas that you can put in place to support your child's learning and development. Families can sometimes feel at a loss with children's behaviour struggles and this course is designed to give you ideas to put in place.

Family Links

Family Links is our nurturing programme that runs for 10 weeks. We run this course face to face across Monmouthshire. Children are rewarding, stimulating and fun, however, looking after them can sometimes be stressful and challenging. The nurture programme helps deal with those challenges so that you can have a calmer happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

Take 3

Take 3 is our teenage parent course for families with children aged 10 – 18 years. The course runs for 9 weeks, we run this course on MS Teams. Puberty is the second biggest brain change in a child's life. During this time, the way children understand situations can change. This course helps us to understand those changes and how we can support our children at this time. Puberty is difficult and if we can think it through in a different way this will help our children.

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Workshops

Acorn Project understand that life is busy, so we have devised some workshops to cover some of the most popular topics that we have experienced over the many years we have supported families that live in Monmouthshire. The workshops run via MS Teams. To find out dates and time please use the QR code.

Acorn Project Workshops Booking
Form



Acorn Project contact number:
01873 735430

Email:
mccparenting@monmouthshire.gov.uk



Emotions Workshop

We all know how important it is to help our children understand their emotions and how to start to learn to self-regulate. They do this with our support at first, then as they grow, they may learn how to do this at times when we aren't with them. During this workshop we will share some different approaches to help with supporting your children's emotions.

Sleep Workshop

Bedtime can be a struggle for some families. In this workshop we will cover some different ideas and thinking around how we can support bedtime to make it less stressful and for all. We will chat through some practical strategies that may help at bedtime. We will also think about supporting children's emotions and the positive impact this can have on bedtime.

Fussy Eating Workshop

Throughout this workshop we look at understanding food in different ways and what we can do to support our children to eat different foods. We also think about understanding children's emotions and the positive impact this can have on fussy eating. We have some practical tips that you can put in place as well as some tips to help parents/carers.

Teenage Brain Workshop

This workshop is for parents/carers of children 10 years and above. We cover a few different topics that will help you think through what your teenagers or pre-teenagers are going through or will be going through in the not-too-distant future. We will talk about sleep patterns, risk taking behaviour, understanding the changes to a child's brain during puberty and peer pressure openness to child.