

Parent/Carer Support

September – December 2026

A complete guide to free parenting support available in Waltham Forest

- ✓ Increase knowledge and understanding of children's development and needs
- ✓ Build positive relationships
- ✓ Improve behaviour and communication
- ✓ Meet other parents
- ✓ Reduce parenting stress

*New session:
Parents as
First Teachers
on p4*



Timetable

The following sessions are suitable for parents and carers of children in the age groups listed below. Descriptions of all courses can be found on the following pages.

All sessions are weekly unless otherwise stated.

All programmes are free and fully funded by Waltham Forest Council.

Monday

EarlyBird

Age 0 to 5
14 September to 10 November
9.30am to 12pm
Henry Maynard School,
E17 9JE

Cygnets Teens

Age 12 to 18
14 September to 19 October
9.30am to 12pm
Lammas School,
E10 7LX

Cygnets Teens

Age 12 to 18
28 September to 10 November
5.45pm to 8.15pm
Online

Connective Family Formula

Age 0 to 11
14 September to 19 October
8pm to 9pm
Online

Connective Family Formula

Age 12 to 18
9 November to 14 December
8pm to 9pm
Online

Daphne & Friends CIC

Age 0 to 5
14 September
(on alternate Mondays)
10am to 11am
St Mary's Welcome Centre,
E17 9RJ

Beezee Families

Age 5 to 15
14 September to 3 December
4.30pm to 6.30pm
Leytonstone Library,
E11 1HG

Tuesday

HENRY Healthy Families

Age 0 to 5
6 October to 1 December
1pm to 3pm
Best Start Family Hub: Queen's
Road, E17 8PJ

Beezee Families

Age 5 to 15
14 September to 3 December
4.30pm to 6.30pm
Leyton Cricket Ground,
E10 6PH

Wednesday

Calm Parents, Calm Children

Age 4 to 11
23 September to 21 October
10am to 12pm
Best Start Family Hub: Queens
Road, E17 8PJ

Supporting Children with School Avoidance

Age 7 to 15
23 September to 30 October
7pm to 9pm
Online

Empowering Teenagers

Age 11 to 16
14 October to 21 October
7pm to 9pm
Online

Positive Ways to Handle Anger and Meltdowns

Age 2 to 6
11 November to 18 November
7pm to 9pm
Online

EarlyBird

Age 0 to 5
16 September to 12 November
5.30pm to 8.30pm
Online



Timetable

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Thursday

**Strengthening Families
Strengthening Communities**

Age 0 to 18
17 September to 17 December
9.30am to 12.30pm
South Grove School,
37 Ringwood Rd,
E17 8PW

**Develop Skills to Support your
Child's Sensory Needs**

Age 4 to 11
19 November to 26 November
5pm to 9pm
Online

Beezee Families

Age 5 to 15
14 September to 3 December
5pm to 7pm
Walthamstow School for Girls,
E17 9RZ

Cygnets Primary

Age 5 to 11
24 September to 5 November
5.30pm to 8pm
Online

**Raising Resilient and
Confident Children**

Age 4 to 11
19 November to 3 December
7.30pm to 9pm
Online

Friday

Triple P 0-12

2 October to 27 November
10am to 12pm
Best Start Family Hub: Queen's
Road, E17 8PJ

To book your place,
complete the booking
form at
bit.ly/lbwfparenting
or scan the QR code



By Appointment

Parents as First Teachers

Age 3 to 4
Ongoing

By appointment and referral
In home of parent/carer



For all families

Strengthening Families, Strengthening Communities

For parents of children aged 2 to 18

These evidence-based sessions are designed to support you and build confidence in everyday parenting. You will pick up practical ideas to use at home to support your child's social skills, self-control, and emotional development, making daily life feel a little easier.

Topics include building healthy relationships, understanding and managing behaviour, boosting self-esteem, exploring emotions and empathy, and supporting your child at different stages of development.

Book via: bit.ly/lbwfparenting

Triple P 0-12

For parents and carers of children aged 0 to 12

Feel more confident supporting your child's development, and get practical tips, reassurance, and guidance to help reduce challenging behaviour and support your child's emotional and social development in a calm and positive way.

Book via: bit.ly/lbwfparenting

Parents as First Teachers

For parents and carers of children aged up to 6

These evidence-based sessions offer one-to-one support for you in your own home. You'll learn simple, everyday ways to build a strong relationship with your child, encourage positive behaviour, and enjoy learning together. With tailored support, you'll strengthen your connection with your child and help them develop the skills and confidence they need for nursery or school.

Book via: bit.ly/lbwfparenting

NEW

Positive Ways to Handle Anger and Meltdowns

For parents and carers of children aged 2 to 6

Delivered by the Adult Learning Service, this supportive short online course provides a safe space for parents and carers to learn, share experiences and gain practical tools to help create calmer and more positive family relationships.

Web: bit.ly/CalmParents

Universal programmes

Calm Parents Calm Children

For parents and carers of children aged 4 to 11

Delivered by the Adult Learning Service, these sessions will help you build your confidence as a parent and develop positive parenting skills. You'll have the opportunity to reflect on your strengths, learn practical strategies to manage challenging behaviour, and stay calm in difficult family situations.

Web: bit.ly/CalmParents

HENRY Healthy Families Group Programme

For families with children under 5

The HENRY programme offers practical parenting tips, guidance and support to help your little one get off to a great start. Join interactive weekly sessions and explore the following five themes over eight weeks:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

Online sessions available.

Free creche provided for the face-to-face programme.

Web: bit.ly/wfhenry **Phone:** 02084965223

Email: wfsupport@henry.org.uk



Raising Resilient and Confident Children

For parents and carers of children aged 5 to 11

These sessions, delivered by the Adult Learning Service, will help you learn how to effectively support your child's mental health and wellbeing.

Web: bit.ly/CalmParents

BeeZee Families

For parents and carers of children aged 5 to 15

These fun, family-focused exercise sessions combine exciting activities with practical healthy eating advice to help you and your family feel great and live a healthier lifestyle.

Web: wlf.maximusuk.co.uk/beezeefamilies

Programmes for families with children with special educational needs and disabilities (SEND)

Connective Family Formula (no diagnosis needed)

For parents and carers of children and young people aged 0 to 25 with SEND

This programme helps you create a calmer family home by providing practical tips to strengthen your connection with your child, manage meltdowns and make time for self-care.

Online evening sessions.

Book via: bit.ly/lbwfparenting

Cygnet and EarlyBird (diagnosis needed)

For parents and carers of children with an autistic spectrum condition

- EarlyBird is for parents and carers of children aged 0 to 5
- Cygnet is for parents and carers of children aged 5 to 11, and 12 to 18

Learn more about autism, gain a better understanding of how your child experiences the world, and explore the reasons behind their behaviour. You'll receive practical resources and have the chance to connect with other parents and carers who understand your journey.

Both online and in-person courses available.

Book via: bit.ly/lbwfparenting



Triple P Stepping Stones (no diagnosis needed)

For parents and carers of children aged 0 to 12 with SEND

Learn what may be causing challenging behaviour, set realistic goals, and use practical strategies to support your child's development and prepare for difficult situations.

Book via: bit.ly/lbwfparenting

Programmes for families with children with special educational needs and disabilities (SEND)

Waltham Forest Parent Forum and Flourish: SEND Family Support Groups

For families with a child aged 0 to 25 with special educational needs and/or disabilities

A friendly, voluntary group in Waltham Forest, offering a variety of training, workshops and sessions for parents, carers and children. Come along and share experiences, discuss ideas, explore resources and develop a support network. All led by specialist Advisory Teachers from Flourish Specialist Education Services.

Find out more on: walthamforestparentforum.com

No need to book.

Neurodiversity Support Group:

- **21 September, 11am to 1pm** – Longshaw Primary School, E4 6LH
- **19 October, 11am to 1pm** – William Morris Gallery, E17 4PP
- **16 November, 11am to 1pm** – 99 Leyton Green Road, E10 6DB
- **8 December, 7pm to 8.30pm** – Online

Develop Skills to Support your Child's Sensory Needs

For parents and carers of children aged 4 to 11

Whether your child has identified sensory needs, is neurodivergent, or you simply want to learn more about supporting their development, this online workshop offers practical ideas and a supportive learning environment.

Web: bit.ly/CalmParents

Supporting Children with School Avoidance

For parents and carers of children aged 4 to 11

This short course provides a safe, non-judgemental space to share experiences, learn from others and develop practical tools to support positive outcomes for children and families.

Web: bit.ly/CalmParents



Expert-Led Online Support Programmes

Strengthening Families Strengthening Communities

For parents and carers of children aged 0 to 18

Gain some new ideas to help you be the best parent you can be, and enhance your relationship with your children. Discussion groups for both courses are available in daytime and evening slots, with new groups being scheduled regularly. Groups are also offered in other languages and for families with specific needs, for example, for parents of neurodivergent children.

Topics include:

Building healthy relationships, understanding and managing behaviour, boosting your child's self-esteem, exploring emotions and developing empathy, understanding your child's developmental stage.

The course includes:

- Six self-led online sessions that you can access anytime
- Six group discussion sessions with a parenting expert

Getting started is easy:

- Go to bit.ly/sfscwalthamforest
- Choose the age range that matches your child
- Pick a day and time for your group discussions
- Fill in your contact details and answer a short questionnaire
- Click on 'Your Profile' to begin your course

If you need any help, email sfscparent@racefound.org.uk
or earlyhelpparenting@walthamforest.gov.uk



Stronger Relationships

For parents and carers of children aged 0 to 18

Whether you are a couple, co-parent or carer, this programme will help you communicate positively and recognise when parental conflict is harmful and its effects on children. A safe space to work out your parenting values and see your co-parent's perspective.

Sign up: bit.ly/strongerwf

Programmes for families with older children and teenagers

Parenting Insight Workshops - online, 6pm to 7.30pm

For parents and carers of teenagers

These online sessions offer an opportunity to explore key topics in more depth, with information, reassurance, and guidance to help you support your teenager.

Drugs Awareness – 1 September

Learn about the risks drug use can pose for young people, and the support available to help parents and carers understand and respond to potential links with exploitation and trauma.

Stop and Search Awareness – 15 September

Learn about young people's rights during a police stop and search, and the support available to help you feel confident supporting your child.

Digital Harms Awareness – 6 October

Learn about digital harms, including online gambling, and how these risks can link to exploitation and trauma for vulnerable young people.

Relationship Awareness – 20 October

Learn about relationships and friendships, and how some young people can be vulnerable to negative influences and potential links to exploitation and trauma.

Gangs Awareness – 3 November

Learn about the support available for vulnerable children and the potential links to exploitation and trauma via gangs.

Missing Outreach Awareness – 17 November

Learn what happens if children go missing, the risks involved, and the potential links to exploitation and trauma.

Sexual Health Awareness - 15 December

This workshop will give you practical tips and guidance to help you talk openly and confidently with your child about sexual health, and where to access support services.

To receive the online joining link, email: earlyhelpparenting@walthamforest.gov.uk

Communicating with Teenagers - Solving Problems Collaboratively

For parents and carers of teenagers

Discover new ways to effectively communicate with your adolescent child and become a collaborator in the challenge of resolving teenage life problems. Delivered by the Adult Learning Service.

Web: bit.ly/CalmParents

Programmes for families with older children and teenagers

Empowering Teenagers Workshop

For families with a child aged 11 to 16

This short course provides a supportive environment where parents and carers can share experiences, learn from one another and develop practical tools to support their teenager's growth and success. Delivered by the Adult Learning Service.

Web: bit.ly/CalmParents



Other Support for Parents and Carers

Sleep Service and Short Breaks

For families with a child aged 0 to 25 with SEND

Short breaks provide a chance for children with disabilities to spend time away from their carers, try out new things, have fun and make new friends.

Sleep service offers one-to-one support from specialist sleep practitioners, providing practical help for you and your child with sleep difficulties. You can request this service as part of a short break application or on its own.

For more information or to apply visit: bit.ly/shortbreakswf

Picking up the Pieces

For mothers and female carers affected by domestic abuse

A three-week group programme to support survivors of domestic abuse, focused on building confidence in parenting and providing a safe and confidential space to support healing.

To book a place, call 0300 330 5479

or email wftherapeuticmarketplace@solacewomensaid.org

Other Support for Parents and Carers

Break Tha Cycle's Parent Lounge

For parents and carers of children aged 0 to 18

An advocacy service and so much more!

Supporting you to navigate the school system and complete forms such as Disability Living Allowance (DLA), Personal Independence Payment (PIP), Blue Badge applications, and other paperwork.

We provide a safe and secure space for parents to connect, share experiences, and support one another. Through the Parent Champion volunteer program, you can access training to help support other parents in the community.

Frequency: Weekly on Tuesdays, 1pm to 3pm, during term time.

Location: Best Start Family Hub: Queens Road, E17 8PJ.

Appointments are by referral. Referrals can be made by a professional, or you can complete a self-referral form on the day.

Website: breakthacycle.org **Email:** admin@breakthacycle.org **Call:** 07535280467



Playtime

A special stay-and-play for families bereaved by pregnancy, baby or child loss

Hosted by Daphne & Friends CIC

A warm and welcoming play session for bereaved families parenting after loss. This is a safe, gentle space where your story is understood, and where we celebrate the children we hold in our arms and those we hold in our hearts. While little ones explore and play, grown-ups can connect with others who truly get it.

Parenting after loss is hard. You don't have to do it alone.

Join us at St Mary's Welcome Centre in Walthamstow for fortnightly sessions during term time, or at The Castle Play Space in Leytonstone for special sessions during the school holidays.

For more information, or to book visit daphneandfriends.org/for-families

Which programme is best for me?

Pregnancy to age 5	HENRY Healthy Families Right from the Start Parents as First Teachers	Triple P 0-12
Children aged 2 to 12	HENRY Healthy Families Right from the Start Strengthening Families, Strengthening Communities Calm Parents Calm Children	Beezee Families
Children aged 12 to 18	Strengthening Families, Strengthening Communities Communicating with Teenagers Triple P FearLess Triple P Teens	Parenting Insight Workshops
Children with SEND	EarlyBird Age 0 to 5 Cygnet Age 5 to 15	Triple P Stepping Stones Age 0 to 12 Connective Family Formula Age 0 to 25

How to Book

To book your place, complete the booking form at bit.ly/lbwfp parenting or scan the QR code 
(Unless the session listing says otherwise)

For other enquiries contact:

Email: earlyhelp parenting@walthamforest.gov.uk

Phone: 07586 713 368

For more information, visit:

bit.ly/parentingcourselist

Scan here

