

Parent/Carer Support

May – July 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

COMING SOON

Parents as First Teachers starting in Autumn 2026!

More on p4



Timetable

The following sessions are targeted at parents and carers of children at the ages 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 0-5
20 April - 22 June
9.30am - 12pm
Salisbury Manor School,
4 Burnside Avenue, E4 8YJ

Cygnets Primary

Age 12-18
20 April - 8 June
9.30am - 12pm
Best Start Family Hub: Queen's
Road, E17 8PJ

Cygnets Teens

Age 12-18
27 April - 15 June
5.45pm - 8.15pm
Online

Tuesday

HENRY Healthy Families

Age 0-5
12 May - 7 July
1pm - 3pm
Best Start Family Hub: Queen's
Road, E17 8PJ

Beezee Families

Age 5-15
28 April - 14 July
4.30pm - 6.30pm
Leyton Sports Ground, E17 3PW

Wednesday

HENRY Healthy Families

Age 0-5
13 May - 8 July
10am - 12pm
Cornerstone Church,
149 Canterbury Rd, E10 6EH

Communicating with Teenagers

Age 12-18
22 April - 20 May
10am - 12pm
Best Start Family Hub: Queen's
Road, E17 8PJ

Supporting your Child's Transition from Nursery to Primary School

Age 3-4
3 June - 10 June
10 am - 12 pm
Queens Road Family Hub
E17 8PJ

The Roots Workshops:

Age 5-17
10am - 11.30am
Best Start Family Hub: Queen's
Road, E17 8PJ

6 May: Sensory Processing and
Wellbeing
3 June: Pathological Demand
Avoidance

Connective Family Formula

Age 12-18
29 April - 10 June
1pm - 2pm
Online

Cygnets Primary

Age 5-11
29 April - 17 June
5.30pm - 8pm
Online

HENRY Healthy Families

Age 0-5
5 May
5.30pm - 6.45pm
Online



Timetable

The following sessions are targeted at parents and carers of children at the ages 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.

Thursday

Strengthening Families

Strengthening Communities

Age 0-18

23 April - 23 July

9.30am - 12.30pm

Lammas School,
150 Seymour Road, E10 7LX

Raising Resilient and Confident Children

Age 4-11

23 April - 7 May

7.30pm - 9.30pm

Online

EarlyBird

Age 0-5

23 April - 18 June

5.30pm - 8pm

Online

Maximus Beezee Families

Age 5-15

30 April - 16 July

5pm - 7pm

Walthamstow School for Girls,
E17 9RZ

Coping with Uncertainty in Everyday Situations Parent Group

Age 6-16

23 April - 25 June

10am - 12pm

Best Start Family Hub: Queen's
Road, E17 8PJ

Calm Parents, Calm Children

Age 4-11

23 April - 21 May

7.30pm - 9.30pm

Online

Connective Family Formula

Age 0-11

11 June - 16 July

12.30pm - 1.30pm

Online

Friday

Triple P 0-12

8 May - 3 July

10am - 12pm

Best Start Family Hub: Queen's
Road, E17 8PJ

Triple Stepping Stones

8 May - 10 July

10am - 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



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 - starting in Autumn 2026!

For parents and carers of children aged up to 6

These evidence-backed sessions offer one-to-one support for parents and carers at home. They focus on everyday ways to build a strong bond with your child, encourage positive parenting, and enjoy learning together. You will be supported to strengthen how you connect and interact with your child, while helping them develop the skills they need as they get ready for nursery or school.

Book via: bit.ly/lbwfparenting

NEW

Support Your Child's Transition from Nursery to Primary School

For parents and carers of children aged up to 5

Feel more confident supporting your child as they move into Reception with this adult-only workshop. You will get practical tips, reassurance, and guidance from experienced professionals to help make the move from nursery to primary school calm and positive.

Web: bit.ly/CalmParents

Universal programmes

Calm Parents Calm Children

For parents and carers of children aged 4 to 11

Increase knowledge and skills in parenting in a positive and confident manner. Reflect on parenting strengths and learn strategies to manage behaviour and stay calm in challenging family situations.

Web: bit.ly/CalmParents

HENRY Healthy Families Group Programme

For families with children under 5

Join our interactive weekly sessions. The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start!

- 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

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

Fun-filled, family-focused family exercise sessions with exciting activities and practical healthy eating advice to help you feel great and live your best life.

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

Helping you to create a calmer family home with practical tips on how to increase connection with your child, manage meltdowns and learn tools for self care.

Book via: bit.ly/lbwfparenting

Cygnets 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
- Cygnets is for parents and carers of children aged 5 to 11, and 12 to 18

Increase your understanding of autism, learn how your child experiences the world, and explore what drives their behaviour. You'll receive ASC resources and have the chance to connect with other parents and carers who share similar experiences.

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 with SEND up to 12 years old

Learn about causes of behaviour that challenges, setting specific goals, and using tools to promote your child's development and plan for high-risk situations.

Book via: bit.ly/lbwfparenting

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

Waltham Forest Parent Forum and 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. All sessions run from 11am to 1pm on following dates:

Autism:

11 May, Longshaw Primary Academy E4 6LH

1 June, 99 Leyton Green Road, E10 6DB

6 July, Longshaw Primary Academy E4 6LH

ADHD:

11 May, 99 Leyton Green Road, E10 6DB

1 June, Longshaw Primary Academy E4 6LH

6 July, 99 Leyton Green Road, E10 6DB

The Roots:

Coping with Uncertainty in Everyday Situations (NU-CUES) Parent Group

For parents of children with diagnosed or undiagnosed autism aged 6 to 16

This 8-week programme will help you gain practical skills to support your child with uncertainty, manage situations that may cause anxiety, and build coping strategies for real-life situations.

Workshops:

Pathological Demand Avoidance, 3 June, 10am to 11.30am

This free workshop explores PDA and why everyday demands can feel so overwhelming, and gives an opportunity to discuss practical support for your neurodivergent child.

Sensory Processing and Wellbeing, 6 May, 10am to 11.30am

This free workshop explores the sensory impact on the wellbeing of neurodivergent children and offers parents practical strategies.

Book via: therootslondon.co.uk

For more information contact roots@groundwork.org.uk

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 community 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.

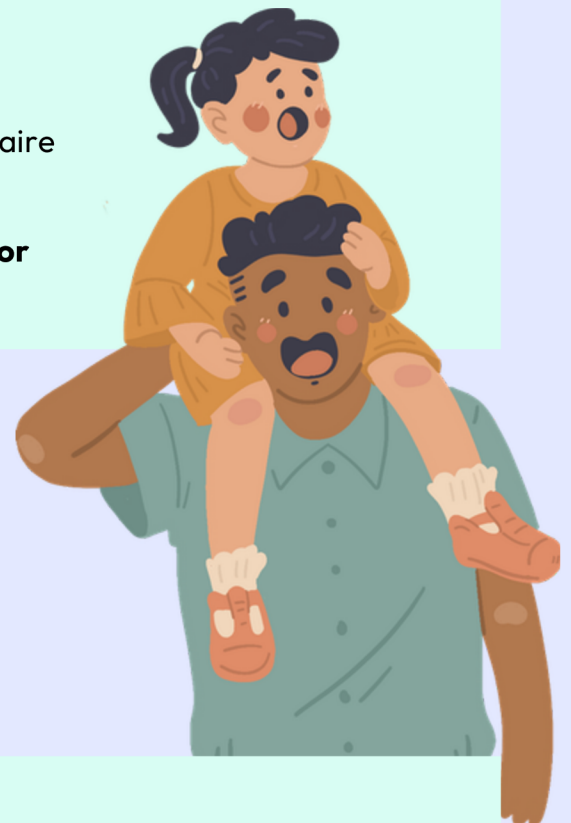
The course includes:

- 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 – 7 May**, 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 – 28 May**, 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 – 2 June**, learn about digital harms, including online gambling, and how these risks can link to exploitation and trauma for vulnerable young people
- **Relationship Awareness – 16 June**, 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 – 7 July**, learn about the support available for vulnerable children and the potential links to exploitation and trauma via gangs
- **Missing Outreach Awareness – 14 July**, learn what happens if children go missing, the risks involved, and the potential links to exploitation and trauma

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



Communicating with Teenagers - Solving Problems Collaboratively

For parents and carers of teenagers

Discover some new ways to effectively communicate with your adolescent child and become a collaborator in the challenge of resolving teenage life problems.

Run by Waltham Forest Adult Learning Service.

Web: bit.ly/CalmParents

Other Support for Parents and Carers

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

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



HENRY Wellbeing Buddies Support

For expectant or new parents and carers with a child up to the age of 2

When family life feels tough, a HENRY buddy can offer a listening ear. Regular and flexible one-to-one phone or video support at a time that suits you. Buddies will listen, offering practical ideas and help you find local services and support.

Register: links.henry.org.uk/registrationwellbeingprogramme **Phone:** 0208 496 5223

Email: wfsupport@henry.org.uk

Web: henry.org.uk/waltham-forest/well-being-support-henry-buddies

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.

Weekly on Tuesdays, 1pm to 3pm, during term time, at the 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, Walthamstow (fortnightly Mondays during term time) and The Castle Play Space, Leytonstone (school holiday pop-ups).

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

Parent and carer check-in sessions

For parents and carers of children aged 0 to 18

A chance to meet other parents and carers, share experiences, and find out about all of the services available at the Best Start Family Hubs. Sessions are led by parent champions.

For more information, email:


earlyhelp parenting@walthamforest.gov.uk



Which programme is best for me?

<p>Pregnancy to age 5</p>	<p>HENRY Healthy Families Right from the Start Parents as First Teachers (coming soon!)</p>	<p>Triple P 0-12</p>
<p>Children aged 2 to 12</p>	<p>HENRY Healthy Families Right from the Start Strengthening Families, Strengthening Communities Calm Parents Calm Children Support Your Child's Transition from Nursery to Primary School</p>	<p>Beezee Families</p>
<p>Children aged 12 to 18</p>	<p>Strengthening Families, Strengthening Communities Communicating with Teenagers Coping with Uncertainty in Everyday Situations</p>	<p>Triple P Teens Parenting Insight Workshops Triple P FearLess</p>
<p>Children with SEND</p>	<p>EarlyBird Age 0-5 Cygnet Age 5-15 The Roots Workshops</p>	<p>Triple P Stepping Stones Age 0-12 Connective Family Formula Age 0-25</p>

How to Book

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

For other enquiries contact:

Email: earlyhelpparenting@walthamforest.gov.uk

Phone: 07586 713 368

For more information, visit:

bit.ly/parentingcourselist

Scan here

