



**Family  
Hub**

Darwen | Little Harwood | Livesey | Shadsworth



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## Parenting News Letter



We are excited to share the upcoming Parenting Offer for the Spring Term. Over the Winter Term we have had the opportunity to deliver a number of our programmes and workshops within your settings, this has given us the opportunity to support more families within BwD. Thank you for your ongoing support.

### **Introducing Triple P Stepping Stones online-**

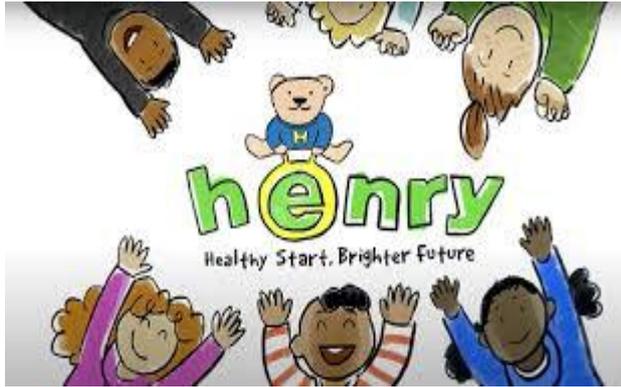
We are now offering Triple P Stepping Stones online. A digital offer for parents and carers of children aged 2-12 years who have a disability. Stepping Stones is based on Triple P's positive parenting strategies. It helps parents and carers to manage problem behaviour and developmental issues common in children with disabilities. It also helps encourage positive behaviours, provides strategies for coping with stress, developing a close relationship with children and teaching children new skills. Referrals can be made via our [Family Hub website](#).

### **Henry Core Training – 2 day training: 13th and 14th July 2026**

This course will help you gain the knowledge, skills and confidence needed to provide effective support to parents and carers, enabling them to give their children a healthy and happy childhood. The programme focuses on building parental confidence and strength, exploring key themes such as emotional wellbeing, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting and physical activity. Attending this core training will help you to understand how to embed the key messages and approaches into your current role working with families.

To book onto the training, please email:

Jacqueline.dearn@blackburn.gov.uk



**🍏 HENRY – Starting Solids**

The Starting Solids workshop is designed for parents and carers of babies (usually around 4–6 months). It supports them to:

- Understand when and how to introduce solid foods safely
- Learn about responsive feeding (recognising baby’s hunger and fullness cues)
- Build confidence in preparing simple, healthy first foods
- Reduce anxiety around allergies, choking, and portion sizes
- Establish positive mealtime routines
- Encourage healthy eating habits from the very beginning The focus is on creating a relaxed, positive feeding experience that supports both nutrition and parent–child relationships.

Danielle Morrison continues to deliver and co-ordinate our HENRY offer for 0-2 year olds, including Preparing for Parenthood, Becoming a new Family and Starting Solids workshops. Please see below for details of upcoming programmes and workshops.

[Danielle.morrison@henry.org.uk](mailto:Danielle.morrison@henry.org.uk) 07305091527

The parenting programmes and workshops we offer are in line with the *Best Start for Life* and support parents and carers to build confidence, strengthen relationships, and develop the skills needed to support their child’s early development.

**Please see our upcoming programmes and workshops -**

Workshops	Location	Date	Time
Understanding children’s behaviour	Family Hub Livesey	Monday 15 <sup>th</sup> June	9.30-11.30am
Fussy Eaters	Family Hub Livesey	Monday 29 <sup>th</sup> June	9.30-11.30am
Healthy Teeth	Family Hub Darwen	Tuesday 30 <sup>th</sup> June	12.30-2.30pm
Fussy Eaters	Family Hub Little Harwood	Friday 3 <sup>rd</sup> July	9.30-11.30am
Understanding children’s behaviour	Family Hub Darwen	Tuesday 7 <sup>th</sup> July	12.30-2.30pm
Understanding children’s behaviour	Family Hub Little Harwood	Friday 10 <sup>th</sup> July	9.30-11.30am
Fussy Eaters	Family Hub Darwen	Tuesday 14 <sup>th</sup> July	12.30-2.30pm

Looking after ourselves	Family Hub Little Harwood	Friday 17 <sup>th</sup> July	9.30-11.30am
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Programme	Location	Date	Duration	Time
Healthy Relationships Group	Family Hub Livesey	13/04/26	5 weeks	9.30-11.30am
Riding the Rapids primary 5-11 years	Family Hub Livesey	13/04/26	10 weeks	12.30-2.30pm
Riding the Rapids 11-16 years	Hancock Children's Centre	14/04/26	10 weeks	9.30-11.30am
Healthy Families Growing Up 5-12 years	Family Hub Darwen	14/04/26	8 weeks	12.30-2.30pm
Preparation for Parenthood	Family Hub Shadsworth	14/04/26	6 weeks	12-2pm
Triple P for Baby	Family Hub Livesey	16/04/26	4 weeks	9.30-11.30am
Incredible Years Baby	Hancock Children's Centre	16/04/26	8 weeks	12.30-2.30pm
Henry Right from the Start 0-5 years	Family Hub Little Harwood	16/04/26	8 weeks	9.30-11.30am

For any further information around our parenting offer and community delivery please contact [helen.hartley@blackburn.gov.uk](mailto:helen.hartley@blackburn.gov.uk), or check out our family hub website - <https://familyhubsbwd.org/>

Thanks

Helen Hartley

Family Help Team Leader



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