

# How To Apply

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# Parenting & Family Learning Team



Family life can be fun and rewarding but it can also be challenging. Every family is unique and will face different challenges at different times, each requiring different types of support and information.

There are a range of supports available for families in Perth and Kinross together with information that can enhance family life.



If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk)

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-  [@Perth\\_Parenting](https://twitter.com/Perth_Parenting)
-  [Parenting and Family Learning Team Perth and Kinross](https://www.facebook.com/ParentingandFamilyLearningTeamPerthandKinross)
-  [www.pkc.gov.uk/parenting](http://www.pkc.gov.uk/parenting)

**The Parenting and Family Learning Team offers a variety of friendly groups and services for parents and carers, helping to build positive relationships.**



## Infant Massage

A 5 week programme for babies aged 6 weeks to 6 months. It promotes communication and bonding through positive touch, including cuddles. It is also increasingly recognised as offering a wide range of benefits for both child and care giver including relief from the pain of indigestion, colic, constipation or wind for your baby and reducing stress for the care giver.

## SPACE (Supporting Parents and Children Early)

This group is for families with pre-school children. It follows the Peep learning together programme which offers lots of different activities, along with some additional time when the children will enjoy crèche, while parents can learn new skills.

## Incredible Years

A 15 week programme aimed at parents and carers who have children aged 3-4 years. Supports parents to manage their child's emotions and behaviour in a positive way. An opportunity to meet other families and support each other in a friendly, relaxed environment.

## Early Years Cook It

Helps teach parents with children aged 0-3 years to wean their babies safely, introduce healthy foods, combat fussy eaters and understand food labels.

## Small Talk

A programme for parents and babies aged between 0 and 6 months, which looks at bonding with your baby, early baby communication, the importance of reading and singing, baby milestones and sharing parenting experiences with other parents.

## Peep Learning Together

An early learning programme which celebrates parents and carers as children's first educators. The programme offers an opportunity to have fun with your child and learn together as well as sharing your experiences and ideas in a safe and supported environment.

## Peep Plus

Supports parents to have the learning they are already completing within a Peep session recognised and accredited. The SQA credit-rated units are assessed entirely by portfolio. Through this portfolio the parents/carers reflect on their own child's development, and their own role as first educator. Parents have treasured their portfolios as a reflection of their own learning and as a keepsake about their child.

## Community Cook It

Gives families the opportunity to learn to make healthy meals, use basic cooking skills, know how to involve children in cooking and develop an understanding of food labels.

## Strengthening Families

A 7 week programme that helps families with young people aged 10 and 11 years to prepare for their teenage years. Becoming a teenager can be a challenging time for young people and parents alike. It is proven to support both parents and young people through this time of change, helping them to achieve greater success when they move on to secondary school.

