

Parent/Carer Programmes in Hillingdon

All courses are free and led by qualified and trained practitioners.



Your Bump and Beyond (YBB)

Overview

For parents to be, after your first scan.

Get ready for parenthood with friendly workshops led by a midwife and the Family Hub team—covering labour, baby care, safer sleep, and more.

Detail

In person.

2-hour workshops, over 4 sessions.

How to book

Call 01895 279 442 or visit: thh.nhs.uk/antenatal-classes



The Nurturing Programme

Overview

For parents/carers of children aged 0 to 8 years.

Learn practical tips for managing behaviour, using praise, enjoying quality time, and boosting your child's self-esteem.

Detail

In person (with crèche) or online

Weekly 2-hour sessions over 10 weeks.

How to book

Contact your local Family Hub or Children's Centre www.hillingdon.gov.uk/family-hubs



Exploring Parenting Together

Overview

For parents/carers of children aged 0 to 8 years.

Gain tips on behaviour, praise, quality time & self-esteem, through interactive sessions.

Detail

Online

Weekly 90-minute sessions over 5 weeks

How to book

Contact your local Family Hub or Children's Centre www.hillingdon.gov.uk/family-hubs



Triple P Group

Overview

For parents/carers of children aged 5 to 11 years.

Discover simple, positive parenting strategies to support your child's behaviour, build good habits, and grow your confidence.

Detail

In person and online.

Weekly 2-hour sessions over 6 weeks.

How to book

Contact: Annmarie at Family Lives on 07949 890749 or email annmarief@familylives.org.uk



Triple P for Teens

Overview

For parents/carers of children aged 12 to 16 years.

Build strong relationships with your teen while learning to encourage positive behaviour, manage challenges, and offer support through tricky situations.

Detail

In person and online.

Weekly 2-hour sessions over 6 weeks.

How to book

Contact: Annmarie at Family Lives on 07949 890 749 or email annmarief@familylives.org.uk



Parenting Apart Programme (PAP)

Overview

Support for parents navigating conflict, separation, or divorce.

This programme supports parents to create an agreement that is focused on the child(ren)'s emotional wellbeing. Both parents must agree to join the programme.

Detail

In person and online options available.

4-week programme.

How to book

Visit: www.hillingdon.gov.uk/stronger-families or call 01895 556006.



Triple P Stepping Stones

Overview

For parents/carers of children aged 5-11 who are neurodivergent.
Learn simple strategies to support your child's development, set meaningful goals, and boost their independence — while growing your confidence as a parent.

Detail

In person and online
Weekly 2-hour sessions over 8 weeks.

How to book

Contact: Annmarie at Family Lives on
07949 890749 or email:
annmarief@familylives.org.uk



Early Bird

Overview

For parents and carers of children aged 2 to 6 with/or awaiting a diagnosis of autism.
Gain insights into autism, improve communication and better understand your child's behaviour.

Detail

In person (with crèche) or online
Weekly 2-hour sessions over 6 weeks.

How to book

Please complete the application for the Early Bird programme: [National Autistic Society Early Bird Parent Programme-Hillingdon waiting list](#)



Cygnets

Overview

For parents and carers of children aged 5 to 18 with/or awaiting a diagnosis of autism.
Connect, share, and learn in friendly sessions covering autism, sensory needs, social skills, and positive behaviour strategies.

Detail

In person and/or online
Weekly 3-hour sessions over 6 weeks.

How to book

The Cygnets programme is now being offered by the SEND Advisory Service within participating schools. If you are interested in attending, please look out for adverts at your child's school.
Alternatively, please register your interest for Cygnets here: [Cygnets Registration of Interest](#)

Workshops

For parents/carers of 0 to 5s, please view our online timetable, available both during the day and in the evening to fit your schedule. Sessions cover helpful topics such as toilet training, fussy eating, behaviour strategies, sleep tips, and support for starting nursery or school. Visit www.hillingdon.gov.uk/family-hub

For parents/carers of children with SEND, please, workshops are delivered by the SEND Advisory Service (SAS) within participating schools. If you are interested in attending, please look out for adverts at your child's school.

For more information on parenting support available, including one to one support, please visit the care and support directory [Children, young people and parents](#)

