

FREE ONLINE groups for parents/ carers of East Sussex.
From January - March 2026

Parenting Children with Anxiety 4+

learn strategies to support your child's emotional resilience

Tues 13th Jan- 3rd Mar
10:00-12:00pm - 7 Sessions
No session in half term

Parenting children with ADHD 4+

learn how to go from frustration to connection; strategies to support you and your child to cope

Wed 14th Jan - 11th Mar
10:00-12:00pm - 8 Sessions
No session in half term

Early Bird Plus 4 + (National Autistic Society)

learn how to make sense of your autistic child's communication, behaviour and sensory needs

Thurs 22nd Jan- 19th Mar
10:00-12:00pm - 8 Sessions
No session in half term

Calmer Co Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime. Interactive, easy-to-use online program with videos, activities and downloadable resources.
Supported by an East Sussex Parenting Practitioner



For more information about our free courses, groups webinars and events.
Scan the QR code

To book or ask a question, email
EH.0-19parentingteam@eastsussex.gov.uk



The Parenting Team

FREE ONLINE webinars for parents/ carers of East Sussex.
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Managing Anxiety and Avoidance in Children (2-12 yrs)

Want to understand the signs of anxiety and what to look out for?

- Tues 24th Feb 12:30 - 2:30pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 14th Jan 12:30 - 2:30pm
- Tues 17th Mar 10:00 - 12:00pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 15th Jan 10:00 - 12:00pm
- Wed 25th Mar 12:30 - 2:30pm

Learning about Neurodivergent Children (2-19yrs)

Want to know what neurodivergence actually means and how it impacts behaviour?

- Thurs 22nd Jan 10:00 - 12:00pm
- Tues 24th Mar 10:00 - 12:00pm

Responding to Teen Emotions (10-19 yrs)

Want to understand what drives teen emotions, choices and challenges?

- Tues 3rd Feb 12:30 - 2:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Tues 24th Mar 6:30 - 8:30pm

Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



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