

Parenting Programmes, Workshops and Parent drop in

Calander 2025/2026

Parenting Programmes:

Earlybird: Start date - Tuesday 7th October 2025

9.30am - 12.30pm

Earlybird is a parent programme run over 6 weeks. During the 6 sessions you will learn more about autism and how it impacts your child. We will support you to think about structuring interactions that will support the development of communication as well as strategies to manage challenging behaviour.

The Nurturing Programme: Start date - Tuesday 27th January 2026

9.30am - 12.30pm

The Nurturing programme supports parents to get the best out of family life over 6 weeks. We explore why children behave the way they do and how to recognise the feelings behind behaviour, ours and theirs. We explore different approaches to discipline and find ways to develop co-operation and self-regulation in children.

Timid to Tiger: Start date - Tuesday 21st April 2026

9.30am - 12.30pm

Timid to Tiger is a programme that supports parents of children with anxious behaviours and runs over 5 weeks. In most cases, parents don't cause their child's anxiety, but we do think they are in the best place to help their children grow in confidence.

Workshops: 9.15am - 12 midday

Surviving Christmas: Tuesday 25th November 2025

Building Resilience and Well-being: Tuesday 20th January 2026

Toileting/Sleep/Healthy eating Tuesday 24th March 2026

Play Tuesday 14th April 2026

Hormones, when & why they change Tuesday 9th June 2026

Surviving the summer Tuesday 23rd June 2026

Parent Drop in Coffee Mornings: 9.15am - 11.30am

Tuesday 30th September 2025

Tuesday 9th December 2025

Tuesday 17th March 2026

Tuesday 7th July 2026

To book on or find further information please contact Gill Stoll, Family Support Manager, Riverside School. Tel: 02392 250138 gill.stoll@riverside@hants.sch.uk