




**CORNWALL  
COUNCIL**  
*one and all • onen hag oll*

Together   
for Families

# EMPOWERED PARENTING PODCASTS

For every step of your parenting journey.

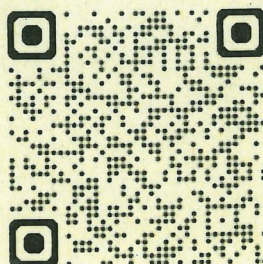


## INTRODUCING OUR NEW PODCASTS, AVAILABLE NOW

Check out our new Empowered Parenting Podcasts from Cornwall Council's Together for Families. We will be releasing new episodes each week, bringing you top tips and guest speakers to discuss a range of topics relating to your parenting journey.

Upcoming topics include: Back-to-school, Praise and Encouragement, Routines, Boundaries, SEND Navigators, Brain Development, and many more!

**JOIN US, BY  
LISTENING HERE**



[www.cornwall.gov.uk/  
parentingpodcasts](http://www.cornwall.gov.uk/parentingpodcasts)



01872 324323



[parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)



## Cornwall's Parenting Offer



## For every age and stage, help with parenting is there for everyone!

We offer interactive parenting programmes both online and face to face.

Programmes currently available are:

- **Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 11 (10 x 2-hour sessions)
- **Parents Plus Adolescents Programme** – Supporting parents/carers of teenagers aged 12 to 19 (10 x 2-hour sessions)
- **Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.
- **Supporting Healthy Relationships** – (3 x 2-hour sessions)
  - **Me, You and Baby Too** (for parents pre-birth – 12 months)
  - **Arguing Better** (for parents of children aged 1 – 19)
  - **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)



### To book visit

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

