

Toyhouse - Mellow Parenting

Description

Service Description

Toyhouse is a 46 year old Tower Hamlets based Voluntary Sector family support organisation providing services for parents and children together. Based in St Paul's Way, but working across Tower Hamlets, our initial engagement is through the medium of play and, by this route, we provide support in a range of ways, mainly to families with pre-school children, but for some families up to the age of around 11yrs. Our services operate at both the universal and the targeted level, aiming to provide relevant and transformative support without causing stigma. We also provide a well-stocked Toy Library for the community to use.

Additional Information

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A range of sessions for parents and their children to enjoy together as well as parenting courses, physical play sessions and a home visiting service for families where there is a child under 5 with an additional/special need.

Mellow Parents-Babies & Toddlers Course helps parents who, for one reason or another, struggle with the challenges of parenting

- For parents and their Children 6mths to 2 years
- We will meet one day a week for 14 weeks.
- There will be a maximum of 8 parents in the group.
- The course is free of charge & includes a shared light lunch
- Each day will be divided into 3 parts

1. Personal Group

You will join a group of parents with whom you can discuss the links between your own experiences in childhood and your experience of being a parent.

2. Activity and lunch with your child

All parents & facilitators involved in the group will prepare and eat a healthy light lunch together with their children. After lunch, we will all take part in group activities, during which you will be encouraged to play together with your child.

3. Parents' workshop

In this session, you will get the chance to watch films of interactions between parents and their children and learn about positive parenting. Usually you will be given tasks to "Have a Go" at home, to practise new activities or skills that you have learned about on the course. During this final group session you will have the opportunity to discuss your 'Have a Go', successes from what you've learned. You will also be encouraged to try new solutions to your parenting challenges.

Suitable for ages

Age of Users

To **5 years**

Costs

Cost

Free

Questions & Answers

Can Families Self-Refer To The Service? Yes

Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers Yes

Is There A Waiting List? No

Further Information

Provider Type

Parent Support |

Delivery Channels

Office / Premises |

Provider

Parent Support

Toyhouse

Contact Details

Telephone No

020 7987 7399

Website

<http://www.toyhouse.org.uk/>

Email Address

info@toyhouse.org.uk

Address Details

Street Number

The Toyhouse Centre

Street

92 St Pauls Way

Town

London

Postcode

E3 4AL

Visit service website

Opening Times

Wednesday	from	to
	09:30	14:30

Similar Organisations

- Toyhouse - Baby Massage
- Toyhouse - Physical Play Sessions
- Tower Hamlets Parents Centre
- Toyhouse Libraries Association
- Speakeasy Parenting Programme