



### **Early Help and Prevention**

If you need advice and support in relation to managing new routines within the home, the Early Help Parenting practitioners are available.

Parents can book a session at a "**parenting surgery**". These 30 minutes slot offer an opportunity to discuss specific behaviour issues and understand what is on offer in the city.

Email us: [Parenting@portsmouthcc.gov.uk](mailto:Parenting@portsmouthcc.gov.uk)

To view date and time slots visit: <https://www.portsmouth.gov.uk/ext/documents-external/covid-parenting-surgeries.pdf>

**There are a range of online resources which can help from the Positive Parenting Programme.**

Visit: <https://www.triplep-parenting.uk.net/uk-en/get-started/parenting-during-covid-19/>

## **NVR Parenting Programs**

For parents who have attended NVR Parenting programs we are offering a regular virtual "drop in" session- If you would like to be included in this please email [ParentingService@secure.portsmouthcc.gov.uk](mailto:ParentingService@secure.portsmouthcc.gov.uk) and a Parenting Practitioner will contact you to arrange a suitable time.

**For all parenting enquiries please contact:**

[ParentingService@secure.portsmouthcc.gov.uk](mailto:ParentingService@secure.portsmouthcc.gov.uk)

(Including your postcode and the age of your child)