

# Peer Parenting Offer

## Empowering Parents, Empowering Communities (EPEC)



**Delivered for Parents by Parents:**  
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

### BAP (Being A Parent) Courses

The BAP Group is a weekly space for parents to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

### Autism Group

For parents & carers of children affected by Autism, whether diagnosed or undiagnosed.

BAP Autism is designed to:

- Promote children's development & skills
- Reduce child & family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.

### Baby & Us

For parents & carers with a baby under 1 years old. This course will help you feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues & to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

BUILDING A  
**FAIRER**  
NEWHAM

Newham London

## Wednesday

26th April - 12th July  
6.00pm - 8.30pm

*Autism Specific*

via zoom  
(register to receive zoom link)

## Thursday

27th April - 29th June  
10.00am - 12.00pm

*Baby and Us*

East Ham Library  
328 Barking Road, East Ham E6 2RT

## Thursday

4th May - 6th July  
12.45pm - 2.45pm

*BAP Urdu*

Kay Rowe Children's Centre  
Osborne Road, Forest Gate E7 0PH

## Friday

5th May - 7th July  
10.00am - 12.00pm

*BAP 2-16 years*

Tollgate Primary School  
Barclay Road, Plaistow E13 8SA



Light refreshments  
provided



Courses available  
every term



For Peer Parenting queries please visit  
Parenting Programmes | Newham Families Advice and Support  
To sign up, please scan the QR code here:



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