



# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

## JANUARY 2026

Welcome back to a new term at St. Mary's. I hope you all enjoyed a happy and peaceful time together over the Christmas holiday. Thank you so much for all of the good wishes, cards and gifts you sent both to me and to individual staff members. We noticed that the staffroom had a continual supply of boxes of chocolates, biscuits and cakes again this year (again as in previous years there are still quite a few boxes to be eaten!) as the holiday approached. Thank you for your wonderful generosity.

## Thank You!

It was lovely to see the children come back to school this term looking well rested, full of stories about Christmas presents / holiday relaxation, happy and ready for work.



### Infant Productions

A lovely time was had by all who attended the Christmas entertainment in the Hall. A big thank you to the children of Years 2, 1 and Reception for their enthusiastic singing, dancing, speaking, instrument playing and acting. Lots of budding future stars I think!



Many thanks to all of the staff for their hard work and dedicated effort in preparing the children. Thank you too parents for your help in providing costumes where necessary and helping and encouraging your children to practise song words etc at home. Your voluntary donations (so many of you generously donated money for tickets) will be used to

cover costs and help fund new projects in school.

The Reception and Year 1 productions earned the school £149.27 this year. The Year 2 performance of carols earned £153.40 for the Nightingale Hospice. Thank you to all who made voluntary contributions.



### A Time To Remember

Thank you to all who so generously supported the school's collection for the Nightingale Hospice. This was taken up after the junior carol concert just before Christmas in memory of deceased members of our school community.

The money collected was given to Father John to be added to the Parish collection for the Hospice. A total of £250.52 was donated on the evening followed by a





further £150 from staff and parents. This is wonderful.

A sincere thank you to the children from the junior classes and our newly formed choir for their very moving singing and reading. A special thank you to Mrs Jones and other staff who helped to prepare the children and offered their support on the evening.



### Nursery Christmas

Many thanks to all who attended the Nursery performance before Christmas. There was a happy festive atmosphere in the Nursery as all enjoyed some lovely singing and acting by the children. A sincere thank you to Mrs Whytock for preparing and organising the children.



### Christmas Jumper Day

Thank you for your wonderful support for this day which was organised by the Year 6 children. We had a wonderful variety of both shop bought and home decorated jumpers. £166.20 was collected for 'Save the Children'. Well done children, parents and school staff.



### Own Clothes Day - 19<sup>th</sup> December

£143.53 was donated. Thank you, parents and children.

### Own Clothes Day - 24<sup>th</sup> October

£193.48 was donated. Thank you, parents and children.

### End of Key Stage 2 Results for 2025

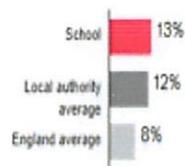
Pupils meeting expected standard in reading, writing and maths [?](#)

[View as table](#)



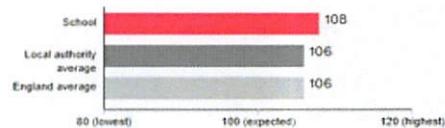
Pupils achieving at a higher standard in reading, writing and maths [?](#)

[View as table](#)



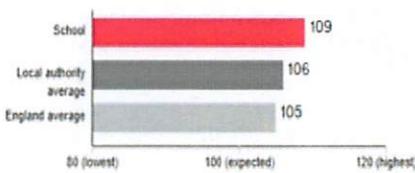
Average score in reading [?](#)

[View as table](#)



Average score in maths [?](#)

[View as table](#)



Well done everyone!





## Haven House Hospice.

The Cake Sale organised by the School Council earned £162.70. Well done everyone for supporting both this charity and 'Save the Children' on the same day.



## Re-establishing the Friday Penance

As you are aware a key resolution of the Catholic Bishops of England and Wales, released after their May 2011 plenary meeting, was "to re-establish the practice of Friday penance in the lives of the faithful as a clear and distinctive mark of their own Catholic identity".

This act of common witness formally came into effect on Friday 16<sup>th</sup> September 2011 (the anniversary of the visit of Pope Benedict XVI to the UK).

As you know we formally began our practice of not serving meat to the children / staff on a Friday right from the

start of September in 2011.

**Thank you parents for not including meat as part of your child's packed lunch on a Friday.**

Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of your child's way of life as they grow up. They will see abstaining from meat on a Friday as a distinctive mark of their Catholic identity. Parents thank you for your wonderful support for the Friday penance.

## Thinking Maps

Our teaching staff have been trained in the use of Thinking Maps.

Thinking Maps were designed by Dr. David Hyerle in the late 1980's. Hyerle based his ideas on the initial research and development of a model of thinking processes by Dr. Albert Upton. He revised the Upton model as the foundation for Thinking Maps as a set of tools for learning. They are a visual tool to aid

thinking. There are eight thinking maps, each based on a fundamental thinking process and used together as a set of tools for showing relationships. We hope that you will see these maps being used across the curriculum.

## Habits of Mind

'Successful people keep moving. They make mistakes but never quit' - something Conrad Hilton said.

Staff also received training on 'Habits of Mind' - these are a set of habits or dispositions which focus on developing a mature, independent and successful learner / citizen in the long term. You will recognise many habits of mind immediately as you will have tried or are currently trying to develop these dispositions in your own children. There are sixteen in total. They are:  
Persisting,  
Managing impulsivity,  
Listening with understanding and empathy,  
Thinking flexibly,  
Metacognition,  
Striving for accuracy,  
Questioning and posing problems,





Applying past knowledge to new situations,  
Thinking and communicating with clarity and precision,  
Gathering data through all senses,  
Creating, imagining, innovating,  
Responding with wonderment and awe,  
Taking responsible risks,  
Finding humour,  
Thinking independently,  
Remaining open to continuous learning.

We are again gradually introducing these to the children. Ask your child if he / she has focused on any of the habits of mind in school. Don't hesitate to ask the teacher about the current habit of mind focus in your child's class or the school's 'habit of mind for the week'.

#### Advent Calendars

Though we're well past Advent, there's still a chance to explore the mathematical Advent calendars on offer this year, including:

- [NRICH - primary Advent Calendar 2025 - Primary | NRICH](#)

- [NRICH - secondary Advent Calendar 2025 - Secondary | NRICH](#)

- [Plus - The Plus advent calendar 2025 | plus.maths.org](#)

- [Transum - Maths Advent Calendar](#)

#### Online Safety



You might find the following links helpful:

[Parents & Carers - KIDSOLINEWORLD.COM](#)

[Parental Control Apps - KIDSOLINEWORLD.COM](#)

This site has been created by ECP, the company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children (including in the autumn term). This company also provides training on behalf of the local authority and to many different business and community groups.

There is some really useful help to understand apps, games and parental controls.



Internet Matters have provided updated resources for schools and parents, with information packs and teaching resources. There are age specific resources for early years, primary and secondary aged children.

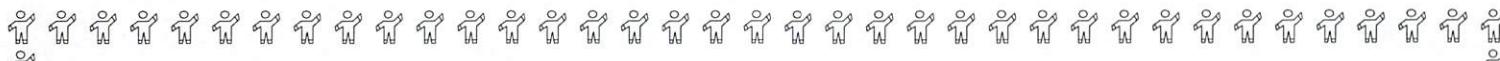
Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social media platforms for that age group
- a list of additional resources

[Early years online safety resources - Internet Matters](#)

<https://www.internetmatters.org/advice/>





## T.E.C.H Safeguarding Guidance

The internet is a big part of children's lives in the UK. It helps them make friends, learn, and be creative. However, the internet also has risks, such as exposure to harmful content and online abuse.

Safeguarding is everyone's responsibility and while it is never possible to remove risk entirely, parents and carers also have a duty to ensure their children are kept safe and are able to manage risk effectively both in the real world and online. The TECH approach is designed to help families to develop safe and healthy internet use. It is research-based, practical and trauma-informed.

## T.E.C.H Safeguarding Guidance

T - TALK - Encourage two-way communication with your child

E - EDUCATE - Stay informed about the latest online risks

C - CO-VIEW - Spend time online together

H - HOUSE RULES - Set clear rules for internet use

## Helpful Guides for Specific Online Risks:

- Report sexual abuse images/videos here: [Report online child sexual abuse imagery or 'child pornography'](#) ([iwf.org.uk](http://iwf.org.uk))
- Parental guidance of sexual image-sharing: [Parent guide to sexual image-sharing among kids](#) | [Internet Matters](#)
- Resources to tackle online grooming: [Online grooming resources](#) | [Internet Matters](#)
- Resources to protect children from radicalisation and grooming: [Radicalisation of young children online](#) | [Internet Matters](#)
- Resources to support your child if they are being bullied: [How can I help my child if they are being bullied?](#) | [NSPCC](#)
- Resources to tackle cyberbullying: [Re sources to deal with cyberbullying](#) | [Internet Matters](#)
- Guidance for online abuse: [How to talk about harassment and abuse online](#) | [Internet Matters](#)
- Resources on racism and racial bullying: [Racism and racial bullying](#) | [Childline](#)
- Supporting LGBTQ+ children online: [Supporting LGBTQ children and young people online](#) | [Internet Matters](#)
- Resources to protect children's privacy and identity online: [Online identity theft facts and advice for parents](#) | [Internet Matters](#)
- Resources to manage in-game





spending: [How to manage in-game spending:](#)

### Sharenting | What every parent and carer needs to know

Sharenting - sharing images, videos, or personal details about children online - has become common among parents and carers. While it often feels like a harmless way to celebrate milestones, it can create a permanent digital footprint for your child. This footprint may expose them to privacy risks, identity theft and even online grooming. Beyond safety concerns, sharenting raises questions about consent and autonomy, as children rarely have a say in what is posted about them.

To help families make informed choices, [Kids Online World's Sharenting Factsheet](#) offers practical advice on protecting children's privacy. It includes tips on reviewing social media settings, avoiding sensitive details and seeking consent from older children before posting. Download the factsheet today to learn

how to share responsibly and safeguard your child's digital future. [sharenting.pdf](#)

### What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important. We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

**Young Minds:** Guides and advice on mental health and wellbeing for young people [Mental Health Support For Young People](#)

[| YoungMinds](#)

**NHS UK: Every Mind Matters:** [Children's](#)

mental health - Every Mind Matters - NHS  
([www.nhs.uk](#))

### Mental Health

**Foundation:** [Make it count](#) guide for parents and carers: [Publications](#) ([mentalhealth.org.uk](#))

### Year Group Addresses:

[nursery@stmarys.enfield.sch.uk](mailto:nursery@stmarys.enfield.sch.uk)

[reception@stmarys.enfield.sch.uk](mailto:reception@stmarys.enfield.sch.uk)

[year1@stmarys.enfield.sch.uk](mailto:year1@stmarys.enfield.sch.uk)

[year2@stmarys.enfield.sch.uk](mailto:year2@stmarys.enfield.sch.uk)

[year3@stmarys.enfield.sch.uk](mailto:year3@stmarys.enfield.sch.uk)

[year4@stmarys.enfield.sch.uk](mailto:year4@stmarys.enfield.sch.uk)

[year5@stmarys.enfield.sch.uk](mailto:year5@stmarys.enfield.sch.uk)

[year6@stmarys.enfield.sch.uk](mailto:year6@stmarys.enfield.sch.uk)

### Getting Homelessness Advice from Enfield Council

Enfield Council provides homelessness advice





online, by email, and by phone and video call appointments.

The Council doesn't have a walk-in homelessness service. In-person homelessness advice is limited and only by prior appointment.

Enfield Council is reminding charities, community groups, partners and local services not to send residents to Council offices or libraries for homelessness help.

If a resident has an appointment for an in-person meeting, their confirmation message or letter will include the meeting time and location.

For Council Help please contact:

- The Council's website at <https://bit.ly/LBE-homelessness-help-contact>.
- They also have a shareable pdf flyer at <https://bit.ly/LBE-homelessness->

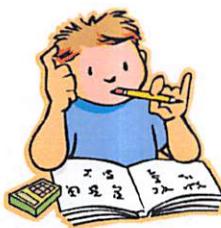
help-contact-flyer.

#### Volunteers

A sincere thank you to all parents who have volunteered to help in classes. We really value the time and support you give to children and staff.

Remember if you have time to spare that we always need volunteers.

All who work in classes must be police checked for the safety of all children at St. Mary's.



#### Sickness

We have been advised by the London Borough of Enfield that any child who has been sick must not return to school for 48 hours. Unfortunately there are lots of sickness bugs still going around at the moment. Please support us in helping them not to spread.



Also on a very small number of occasions parents have reported finding nits in their child's hair. Unfortunately these are easily spread and can be quite difficult to eradicate. We would appreciate it if you could check your child's hair regularly. Please also ensure that all long hair is tied back at all times.

#### Health and Safety

Please try not to park on the zig-zag lines this term. This is a criminal act, punishable by instant points on your driving licence if you are caught parking in the vicinity of the zigzags. It is also dangerous and puts our children in danger.

I would like to take this opportunity to thank all parents who always make the effort to get to school a little bit earlier, park away from the school entrance (avoiding the driveways of the residents on our road and the neighbouring roads and the carpark which belongs to the Italian Community next door) and then walk to school with their children. Thank you for helping to keep our children safe.





Parents a huge thank you to so many of you for your wonderful support for our School Street. More and more children are walking, cycling or scooting to school.

<https://letstalk.enfield.gov.uk/SchoolStreets>.



We were delighted to be awarded a Travel for Life Gold Level accreditation last school year recognising all of the work done by all members of the community to support active travel.



### Uniform

Again a big thank you to all parents who assist us by encouraging their children to wear the correct uniform. Our uniform is part of our

individual identity as a school.



Wearing the correct uniform proudly is an outward sign of our support for our school. Please read the attached list so you can ensure your child is wearing the proper clothes to school.

Please encourage your child to tie long hair back in school colours only. Also in the interests of Health and Safety only small stud earrings may be worn in school - these must be removed for P.E.

### Nails

False nails or nail polish are not permitted in school.

### Tissues

It's runny nose weather again! We don't have any tissues!

Please, if you can, send in a box to your child's classroom / School's Medical Room.



### Music Lessons

EMS offers instrumental tuition to pupils in Enfield schools within the school day and on Saturdays. Please enquire at the office if you (or your child) are interested.

### Phone calls

Your child is welcome to phone home (in emergency only). We would welcome a voluntary contribution towards the cost of any phone calls your child makes

Please encourage your child to leave all toys, football cards, jewellery, mobile phones etc. at home. Children become very upset if their personal belongings are lost or broken at school.

### Wednesday Word



Have you started to read 'The Wednesday Word' yet?

The Wednesday Word is a gift to you and your family because of your connection with our Catholic school.



This weekly Family Time is structured around the Sunday Gospel because evidence shows that Gospel values really do help family relationships to thrive.

Regularly spending quality time with children is without doubt one of the most important aspects of parenting. The Wednesday Word seeks to support you in this important task: to help you and your children maintain a special closeness throughout the school years.

The Wednesday Word 'Family Time' is designed to ensure that all family members feel included. It presents an effective way for even the busiest of parents to enrich relationships with their children through spending a very special 5 or 10 minutes together each week.

We suggest Wednesdays for Family Time because it is the day that the Catholic Church dedicates to St Joseph - the Patron Saint of Families. But rather than miss out, any other night/day would do just as well.

The Wednesday Word is currently available online:

<http://www.wednesdayword.org/index.html>



It is not school policy to provide homework for time off which is taken during term time.

We are required to ask for a written note to explain any absence from school and to report all absences.

Please remember that your child's absence from school affects our total absence figures. It was 4.46% at the end of the last school year (5.2% nationally). Our attendance was 95.54%.

Our absence was 5% at the end of the autumn term



**Holidays and Absences**

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress. Any requests for time off (for special circumstances only please) must be put in writing to the Headteacher.

Well done everyone for trying your best in these times which are still a bit more challenging for all families trying to cope with these coughs and colds which seem to be around at the moment.

Up to the end of Autumn 2025, the classes with the highest attendance over the term were Year 3, St. Bernadette and Reception, Hope (97.2%) very closely followed by Year 6, St. Catherine (97%). Then Year 6, St. Christopher (96.7%), Year 4, St. Peter (96.5%), Year 3, St. Cecilia and Year 5, St.



<p>Anthony (96.1%) and Year 5, St. Joseph (95.3%).</p> <p>Please (unless of course your child is ill) ensure your child is in school each day.</p> <p>The DfE's persistent absence threshold is <u>10%</u> (from Autumn 2015)!</p> <p>The DfE's guidance on the 2014/15 school census explains that from the 2015/2016 academic year onwards, a pupil will be considered to be persistently absent if he/she is away for over 10% of school sessions in an academic year.</p> <p>Pages 72-73 of the DfE's guidance, linked to above, contains a table which sets out the estimated thresholds that will be used to define persistently absent pupils.</p>	<p>(autumn term)</p> <p>Half term 1-3</p> <p>Half-term 1-4 (autumn term and spring term combined)</p> <p>Half term 1-5</p> <p>Half term 1-6 (full academic year)</p>	<p>15 per cent</p> <p>10 or more sessions</p> <p>7 or more sessions</p> <p>14 or more sessions</p>	<p>30 or more sessions</p> <p>25 or more sessions</p> <p>31 or more sessions</p> <p>38 or more sessions</p>	<p>20 or more sessions</p> <p>25 or more sessions</p> <p>31 or more sessions</p> <p>38 or more sessions</p>	<p>Half -term holiday = 25<sup>th</sup> May - 29<sup>th</sup> May 2026.</p> <p>May Bank Holiday= Monday 4th May 2026.</p> <p>INSET Day (no school for children) = 5th May 2026.</p> <p>Last Day of the School Year = 17<sup>th</sup> July 2026.</p>
					<p><b>Shoe Recycling</b></p> <p>Remember if you have any old shoes that there is a shoe bin in the main corridor by the school office.</p>
					<p><b>Play Equipment</b></p> <p>Parents please support the school by <u>not allowing</u> your children (including toddlers) to play on the playground equipment at the end of the school day. This request is made purely for health and safety reasons.</p>
					<p>Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all if children walk with their bikes or scooters until they leave the school premises.</p> <p>Parents / childminders please keep your children with you once you have</p>
<p>10</p>					



collected them from the classroom / teacher.

Thank you as always to the great number of parents who are very supportive of all school requests. We have only noticed a minority of pupils doing the wrong thing. With the support of their parents or child minders this will easily be sorted out.



Don't forget to log on to the school website - [stmarysenfield.co.uk](http://stmarysenfield.co.uk)

With all of our good wishes for you and your family for this New Year ahead. May 2026 bring you peace, happiness and many blessings.

Mrs R. Martin  
Interim Headteacher

#### ADMISSIONS FOR ACADEMIC YEAR 2025/2026

*Due to the fact that there are now fewer pupils in London (there is a continued decrease in the population of children) and the issues with finding affordable housing we currently have some places in our*

#### Nursery, Reception and Years 1-4 2025-2026 year groups.

**Thank you parents for recommending our school and helping to build up our pupil numbers.  
Please continue to do this.**

These are the prayers we say each day with the children. You might like to say these prayers with your child during the holidays. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

#### Morning Offering

O My God, you love me,  
You are with me night and day.  
I want to love you always in all I do and say.  
I'll try to please you Father.  
Bless me through the day. Amen



#### Night Prayer

God our Father, I come to say,  
Thank you for your love today.  
Thank you for my family,

And all the things you give to me.

Guard me in the dark of night.

And in the morning send your light. Amen.

#### Grace Before Meals

Bless us O Lord as we sit together,  
Bless the food we eat today.  
Bless the hands that make the food.  
Bless us O Lord. Amen.



#### Grace After Meals

Thank you God, for the food we have eaten,  
Thank you God for all our friends.  
Thank you God for everything,  
Thank you God. Amen.

## POWER of PRAYER

#### The Our Father

Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our





trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil.  
Amen.

### The Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



### Glory be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### Our School Prayer



This is our school.  
May we all live here  
Happily together.  
May our school be full of  
joy.

May love dwell here among us  
Every day.  
Love of one another,  
Love of all people everywhere,  
Love of life itself,  
And love of God.

Let us all remember that  
As many hands build a house,  
So every child  
Can make this school  
A lovely place. Amen



### Some Dates for Spring 2026

5<sup>th</sup> January - Return to school for spring term.

6<sup>th</sup> January - Solemnity of the Epiphany of the Lord - School Mass for Years 2-6 in the church.

9<sup>th</sup> January - Year 4 Swimming Lessons begin.

13<sup>th</sup> January - SATs Meeting for parents of children in Year 6 (+ any who wish to attend from Year 5), 5pm (online meeting).

21<sup>st</sup> January - Drama 4 All AM - Nursery - Year 1

Years 3+4 to the Parish Mass at 9.30am

2<sup>nd</sup> February - The Presentation of the Lord

- School Mass for Years 2-6

3<sup>rd</sup> February - Year 3 Spring Performance Dress Rehearsal AM (parents with babies and toddlers welcome).

4<sup>th</sup> February - Year 3 Spring Performance AM (adults).

Years 5+6 to Parish Mass at 9.30am.

6<sup>th</sup> February - NSPCC Number Day! Dress Up! Wear a Number!

9<sup>th</sup>-13<sup>th</sup> February - Children's Mental Health Week.

10<sup>th</sup> February - **OPEN EVENING** (1.30pm-4pm and 5pm-6pm) Early Closing at 12.30pm Infants and 12.45pm Juniors.

11<sup>th</sup> February - Our Lady of Lourdes - World Day of the Sick. Catholic Children's Society Lenten Appeal - "Small Deeds, Big Difference".

12<sup>th</sup> February - Year 2 classes to Parish Mass at 9.30am

13<sup>th</sup> February - Own Clothes' Day.

16<sup>th</sup>-20<sup>th</sup> February - Half-Term Holiday. No School! Ash Wednesday falls during half-term week. Lent begins.

23<sup>rd</sup> February - **INSET DAY. NO SCHOOL!**

25<sup>th</sup> February - Year 4 classes to Parish Mass at 9.30am.





**26<sup>th</sup> February** - Class Photos  
**5<sup>th</sup> March** - World Book Day!  
 Pasta Making Workshop for School Council.  
 Year 3 classes to Parish Mass at 9.30am.  
**11<sup>th</sup> March** - Mass in School Hall at 9.30am. Infants to attend.  
**13<sup>th</sup> March** - Year 4 Production AM (parents with babies and toddlers)  
**16<sup>th</sup> March** - Year 4 Production AM (adults).  
**17<sup>th</sup> March** (St. Patrick) - Years 3 to 6 Mass in the church at 9.30am.  
**19<sup>th</sup> March** - Feast of St. Joseph, School Mass at 9.30am in the church (Years 2-6 to attend the Mass)  
**25<sup>th</sup> March** (Annunciation of the Lord) - School Mass. Years 2-6 to attend.  
 End of Term Class Parties PM  
**26<sup>th</sup> March** - Years 5 and 6 classes to parish Mass at 9.30am followed by Reconciliation.  
**27<sup>th</sup> March** - End of Term School Mass (Years 3-6 to attend the Mass). Last day of Spring Term. Own Clothes' Day. **Early Closing** at 12.45pm  
 EYFS and Key Stage 1 and Key Stage 2 at 1pm.

**Holidays begin until 13<sup>th</sup> April**

**29<sup>th</sup> March** - British Summer Time begins (clocks go forward one hour).

**Return to school on Monday 13th April for the summer term.**

**Palm Sunday, 29<sup>th</sup> March** (Palm Sunday of the Passion of the Lord- Blessing of Palms at all Masses).

**Holy Week begins**- In Holy Week the Church celebrates the mysteries of salvation accomplished by Christ in the last days of his earthly life, from his messianic entry into Jerusalem, until his blessed Passion and glorious Resurrection. Lent continues until Maundy Thursday.

**Maundy / Holy Thursday, 2<sup>nd</sup> April**

**The Paschal Triduum of the Passion and Resurrection of the Lord** begin with the evening Mass of the Lord's Supper (on Maundy Thursday), has its centre in the Easter Vigil, and closes with Vespers (Evening Prayer) of the Sunday of the Resurrection.

**Good Friday, 3<sup>rd</sup> April**

**Holy Saturday, 4<sup>th</sup> April**

**Easter Sunday, 5<sup>th</sup> April** The Paschal Candle remains near the altar for the whole of the Easter Time until the end of Pentecost Sunday (24<sup>th</sup> May 2026). It should be lit for the more solemn liturgical celebrations during this season.

On occasions it is necessary to change dates. I apologise for any inconvenience this may cause.





# Online Safety Newsletter

## January 2026

### Instagram Teen Accounts - update

**You must be over 13 years of age to set up an account.** Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Teen accounts are automatically set up for users aged 13 – 17. Instagram have announced that teens will now see content similar to content that they would see in a PG-13 movie.

Instagram have also updated their policies around content to include “hiding or not recommending posts with strong language, certain risky stunts, and additional content that could encourage potentially harmful behaviors”

Finally, for parents who would like to apply more stringent settings, Instagram are also introducing a new, stricter setting called ‘Limited Content.’ This setting will mean your child is not able to see, leave, or receive comments under posts as well.

You can read about the updates here:  
<https://about.instagram.com/blog/announcements/instagram-teen-content-safety-pg-13>



### Playing games online

Does your child play games online? We have outlined some risks that you should consider:

#### Chatting to strangers / risk of inappropriate language

Some games will allow communication via text chat, direct messages or chatting. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure settings appropriate to your child are applied. If your child is playing online with strangers, then you need to be aware that there is a risk of grooming. Some games do allow you to restrict communication to ‘friends only,’ however you would need to monitor that their online friends are real life friends. It can be difficult to moderate online chat so ensure your child knows how to block and report other players.



#### Cyberbullying

It can be very easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to talk to people online with respect. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.

#### In app purchases

Many games include the option to purchase additional items/ subscriptions so ensure you do not have payment cards saved or set up restrictions/ a password to approve purchases.

#### What can I do?

- **Set up parental controls** - as well as setting up appropriate parental controls through the game's settings, ensure you have set them up on the console/device your child is playing on.
- **Check age ratings** - before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- **Chat to your child regularly** about the risks above so that they are aware of what can happen online and remind them to always talk to you or a trusted adult if they have any concerns

#### Further information

CEOP provides further guidance and support regarding this topic:  
<https://www.ceopeducation.co.uk/parents/articles/gaming/>

# Snapchat

Snapchat is a popular social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time, and users can also upload snaps to stories, which disappear after 24 hours.

## Key Concerns

There are potential risks such as:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map).
- cyberbullying.
- contact from strangers.
- excessive screen time – children may have a fear of missing out (FOMO) as well as pressure to maintain “streaks”.
- “disappearing” messages can lead to more risky behaviour and a “false sense of security.” These messages could be screenshot or another device used to take a photo, so they’re not actually deleted as the sender believes. The image could then be shared.
- in app purchases.



## Parental Controls / Safety settings

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

If your child is using Snapchat, then make sure the appropriate privacy settings are set up, including who can see their location and who can contact them. Also ensure your child knows how to block and report other users if necessary:

<https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

## More information

For more detailed advice and information:

- <https://parentzone.org.uk/article/snapchat>
- <https://parents.snapchat.com/safeguards-for-teens>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.01.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

## Family Smart Start

Family Smart Start is a free toolkit designed to help you and your child navigate the milestone of getting their first phone. The toolkit provides support on how to set up their new phone, how to talk to your child about digital safety and a template family agreement. Find out more here:

<https://familysmartstart.com/>

## Cyber security

Cyber security is the process of protecting your information and data whilst online against scams and cyber-attacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2step verification

You can find the resources here:

<https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>

The NCSC also provide advice on what you should do if you are the target of a scam or cyber-attack. Find out more here:

<https://www.ncsc.gov.uk/section/respond-recover/you>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:  
<https://www.knowsleyclcs.org.uk/january-2026-primary/>

# How to get advice on homelessness and housing

## ?

### How can I contact you?

**Email:** [HousingAdviceService@enfield.gov.uk](mailto:HousingAdviceService@enfield.gov.uk).

**Phone** (for emergency homelessness help): 020 3821 1769.

Our phone line is open Monday to Friday, 9am to 5pm.

At other times, please phone our out-of-hours service: 020 8379 1000.

### Is there another way I can get advice?



For fast, free and anonymous help, use our **interactive tool**.

It has advice on evictions, your rights, renting, and other topics.

Start at <https://enfield.adviceaid.uk>



### How can I speak to a homelessness advisor?

Our appointments are phone and online meetings.

Meetings are usually available from 9am to 4:30pm on Mondays, Tuesdays, Wednesdays and Fridays. On Thursdays, meetings are usually available from 12 noon to 4:30pm.

Please don't come to our offices unless we have confirmed an in-person appointment with you.



### How can I get an update or ask about my homelessness case?

To ask about your homelessness case – or to update your information – please contact your housing officer (homelessness caseworker).



[www.enfield.gov.uk/homelessness](http://www.enfield.gov.uk/homelessness)

## What kind of help do you offer?

- Free homelessness advice.
- Homelessness and housing support if you are legally eligible.
- Housing support could include temporary accommodation, and helping you to find a suitable longer-term home.

## What happens if you decide to house me (and my family)?

- You will not automatically get a Council flat/house. Being homeless doesn't mean we must offer you social housing.
- We house people where rents are affordable. Your accommodation can be anywhere in the UK. So, you might have to move far away from Enfield.
- We will consider your household's needs and the amount of rent you can afford.
- We will make one offer of suitable housing. This is likely to be a home for rent in the private sector.
- For more housing options, you should register with our partners.
- If you don't accept a suitable offer of accommodation, we will check if you should get other help from us.
- After we complete the legal duties we owe you, we will let you know and close your homelessness case.

## Is there anything I need to do?

If you meet the criteria for housing assistance, you must:

- ✓ tell us about changes to your needs and household situation.
- ✓ make sure we have your correct email address and phone number to contact you.
- ✓ pay your accommodation charge ('rent') on time. (Housing isn't free.)
- ✓ continue to find your own housing while we try to help you.
- ✓ complete your tasks if you get a Personal Housing Plan (PHP).
- ✓ be ready to accept an offer of housing.

Also:

- ✓ if you think the housing we offer you isn't suitable, you should still accept our offer. After you accept, you can request a review.

Note: the information in this document is correct at the time of publication (14 November 2025).

Christmas time can be both wonderful and challenging. Many adults tend to experience family conflicts at this time of the year – expectations, expenses, child contacts and busyness can make this period very stressful. Conflict does not need to be violent or obvious to be harmful to children.

Evidence-based support is available for parents and carers of children aged 0 to 18+ in Enfield.

- 1) **Strengthening Families Strengthening Communities**, 6-week facilitated online sessions – **all parents/carers**;
  - Group starting Thursday **08/01/2026, 2:30pm (Expectant Parents Only)**
  - Group starting Wednesday **14/01/2026, 10:00am**
  - Group starting Wednesday **14/01/2026, 1:00pm**
  - Group starting Tuesday **20/01/2026, 7:30pm**
- 2) **Stronger Relationships**, for parents & other adult carers living together or apart, 6-week facilitated online sessions
  - Group starting Tuesday **06/01/2026, 6:00pm (Expectant Parents Only)**
  - Group starting Thursday **08/01/2026, 1:00pm**
  - Group starting Friday **09/01/2026, 1:00pm (Arabic Speakers Only)**
  - Group starting Monday **26/01/2026, 7:30pm (Parents of Neurodivergent Children Only)**
- 3) **First Time Parents Group**, for parents of babies aged 2 – 4 months **only**;  
Group starting Thursday, **15 January at 1:45pm**

**Circle of Security Programme**, for parents/carers of children aged 4 months – 5 years; Group starting Friday, **16 January at 12:30pm**;  
Book here- [The Circle of Security Parenting - Enfield Parenting Directory](#)
- 4) A range of **self-guided** learning resources on brain development, emotional wellbeing and parenting for healthier relationships **FREE** for **ALL** Enfield residents;
- 5) All these and more are included in Enfield Parenting Directory at [Home - Enfield Parenting Directory](#)
- 6) If you wish to signpost families, look for local and national services in the Early Help Directory 4 All – <https://enfielddirectory4all.co.uk>

Should you have any query, please email [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

Want to get some new ideas to help you be the best parent you can be?  
Enhance your relationship with your children?  
Learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion

### What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

### Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

### Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



strengthening  
**families**  
strengthening  
communities

## How to Register



1

Go to: [www.strengthening-families.net/parenting-courses](http://www.strengthening-families.net/parenting-courses)



2

Select an age range for your course



3

Select a day of the week and time for your **group discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course

If you need any help, email us at [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)

Online  
Course

# Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion



strengthening  
**families**  
strengthening  
communities

## How to Register

- 1 Go to: [www.strengthening-families.net/  
reducing-parental-conflict/](http://www.strengthening-families.net/reducing-parental-conflict/)
- 2 Select a course, either **Parenting Together** or **Parenting Apart**
- 3 Select a day of the week and time for your **group discussion** from the options available
- 4 Complete your contact details
- 5 Answer a short questionnaire
- 6 Click on 'Your profile' and you can start your course

Online  
Course

## strengthening families strengthening communities

For Expectant Parents/ Early Years Help; group starting on Thursday 8 January 2026 at 2.30pm

Want to get some new ideas to help  
you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

## strengthening families strengthening communities

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discussion** from the options available



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Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course

If you need any help, email us at [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)

Online  
Course

# Stronger Relationships

Group starting (Parents of Neurodivergent Children Only)  
Monday 26 January at 7:30pm



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



strengthening  
**families**  
strengthening  
communities

## How to Register

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reducing-parental-conflict/](http://www.strengthening-families.net/reducing-parental-conflict/)
- 2 Select a course, either **Parenting Together** or **Parenting Apart**
- 3 Select a day of the week and time for your **group discussion** from the options available
- 4 Complete your contact details
- 5 Answer a short questionnaire
- 6 Click on 'Your profile' and you can start your course

Online  
Course

# Stronger Relationships

Group starting (Arabic Speakers Only) Friday 9  
January at 1:00pm



strengthening  
**families**  
strengthening  
communities

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
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6 online  
sessions



6 group  
discussions



Certificate on  
completion



strengthening  
**families**  
strengthening  
communities

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reducing-parental-conflict/](http://www.strengthening-families.net/reducing-parental-conflict/)



2

Select a course, either **Parenting Together**  
or **Parenting Apart**



3

Select a day of the week and time for your **group  
discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course

## FAMILY HUB

would like to invite you and your baby to our  
**First Time Parents Group**

The group is a 5-week programme for new parents

**Date:** Thurs 15th January-  
Thurs 12th February 2026

**Venue:** Eldon Family Hub,  
St Peters Road,  
Edmonton N9 8JP

**Time:** 1.45 – 3.00 pm



Please contact 0208 106 9996 to book as spaces are limited or email  
**Sharon** [sharon.longstaff@enfield.gov.uk](mailto:sharon.longstaff@enfield.gov.uk) for more information

### What the programmes covers:

**Week 1 – Introduction into the Family Hub, meet the staff**

**Week 2 – Enfield Talking Therapies -supporting your wellbeing in parenthood, while caring for baby making sure you take care of you**

**Week 3 - Baby Massage**

**Week 4 - Health Visitor Introducing solid foods & immunisations**

**Week 5 – Early play & communication & the importance of talking to your child & a Celebration of last few weeks of the Group**



## The Circle of Security Parenting



**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?**

**Where?**

**Time?**

**How to book?** [Circle of Security Referral](#)

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

## SELF-GUIDED LEARNING:

### TOGETHERNESS

#### Understanding your relationships

An online learning journey for your emotional wellbeing.

- Learn about emotional health in relationships and how to care for your wellbeing
- Understand healthy relationship habits and how to communicate your feelings and needs effectively
- Find ideas for handling disagreements and fall-outs
- Gain insights about different communication styles and behaviours

[togetherness.co.uk/enfield](http://togetherness.co.uk/enfield)

NHS



Residents of ENFIELD



### TOGETHERNESS

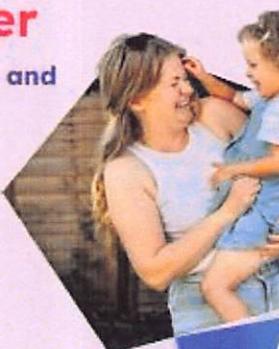
#### Understanding your child: from toddler to teenager

Online learning to support emotional health and make a difference for children and families

- Understand more about child behaviour and the big feelings
- Find ideas for connecting, talking and problem solving together
- Help your child thrive through strong, connected relationships
- Build your confidence in parenting

[togetherness.co.uk/enfield](http://togetherness.co.uk/enfield)

NHS



### TOGETHERNESS

#### Understanding your child with additional needs

An online learning pathway to support emotional health and help you and your child thrive

- Understand more about childhood brain development
- Reflect on differences related to neurodivergence, disability or other additional considerations
- Find ideas for helping your child with emotional regulation
- Build confidence in reading behaviour
- Reflect on ways to look after your own wellbeing

[togetherness.co.uk/enfield](http://togetherness.co.uk/enfield)

NHS



# Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory





# You're Invited! Join Our Free Online Extended Antenatal Offer in Enfield

**Where:** Online (Teams)

**When:** Every 6-8 weekly sessions – dates/times shared upon sign-up

**Who:** Pregnant mothers (partners welcome too!)

**What:**

- To know about the Family Hub Services
- Learn about your birth, feeding, bonding and baby development
- Get support for your wellbeing and confidence

**It's free, fun and all about YOU and your baby.**

To book your place  
please scan here



In partnership with:

**NHS**  
Whittington Health  
NHS Trust



**TOTTENHAM HOTSPUR FOUNDATION**



**BEST START IN LIFE**

**mind**  
in Enfield  
and Barnet



**Waythrough**



**NHS**  
Royal Free London  
NHS Foundation Trust

**ENFIELD**  
Council



## PROGRAMMES FOR PARENTS/CARERS in ENFIELD

### January-February 2026

**1) Circle of Security Programme:** for parents/carers of children aged 4 months – 5 years; Group starting **Friday, 16 January 2026 at 10:30am**;

Book here: [The Circle of Security Parenting - Enfield Parenting Directory](#)

**2) EPEC Being A Parent:** Delivered by parents for parents of children aged 2 – 4 years; Group Starting **Wednesday, 21 January 2026 at 9:30am**

Book here: 07356320406 or email [Katrina.Bray@enfield.gov.uk](mailto:Katrina.Bray@enfield.gov.uk)

**3) Strengthening Families, Strengthening Communities in TURKISH:** for Turkish Speaking parents/carers; Group starting Thursdays, **22 January 2026 at 9:30am**

Book here: 02079237226 or 07792202108; Email: [s.kotan@minikkardes.org.uk](mailto:s.kotan@minikkardes.org.uk)

**4) Strengthening Families, Strengthening Communities:** for ALL parents & carers; Group starting **Fridays, 6 February at 9:45am**

Book here: [Strengthening Families Strengthening Communities \(SFSC\) - Enfield Parenting Directory](#)

**5) Triple P (Baby):** for expectant parents & parents of a child under 1 year old; Group starting **Monday, 23 February at 12:30pm**

Book here: [Triple P For Baby - Enfield Parenting Directory](#)

**6) Strengthening Families Strengthening Communities,** 6-week online facilitated sessions – all parents/carers;

#### **Available options:**

- Group starting **Wednesday 14/01/2026, 1:00pm**
- Group starting **Tuesday 20/01/2026, 1:00pm**
- Group starting **Wednesday 28/01/2026, 11:30am**
- Group starting **Wednesday 04/02/2026, 6:00pm**
- Group starting **Thursday 12/02/2026, 7:30pm**

Book here: [Registration – Strengthening Families, Strengthening Communities](#)

7) **Stronger Relationships**, for parents & other adult carers living together or apart; 6-week online facilitated sessions;

**Available options:**

- Stronger Relationships (**Arabic Speakers Only**) group starting **Friday 09/01/2026, 1:00pm**
- Stronger Relationships (**Arabic Speakers Only**) group starting **Friday 23/01/2026, 11:00am**
- Stronger Relationships (**Parents of Neurodivergent Children Only**) group starting **Thursday 05/02/2026, 6:00pm**
- Stronger Relationships (**Parents of Neurodivergent Children Only**) group starting **Monday 26/01/2026, 7:30pm**
- Stronger Relationships group starting **Monday 26/01/2026, 6:00pm**
- Stronger Relationships group starting **Tuesday 17/02/2026, 6:00pm**

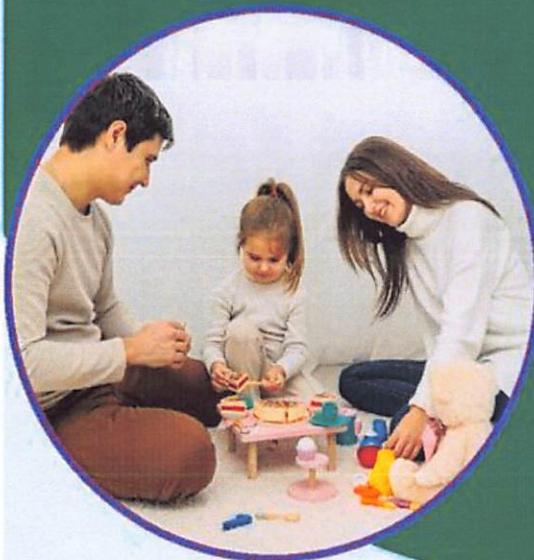
Book here: [Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities](#)

Enfield also provides a range of **self-guided** learning resources on brain development, emotional wellbeing and parenting for healthier relationships **FREE** for **ALL** Enfield residents;

Click here for details: [Enfield | Togetherness - Togetherness](#)

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Should you have any query, please email [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)



# The Circle of Security Parenting

**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

## Aims of the Programme:

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?** Fridays, 16-Jan to 13-Mar-2026

**Where?** Ponders End Youth & Family Hub, 141 South Street, EN3 4PX

**Time?** 10:30 - 12:30pm

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**

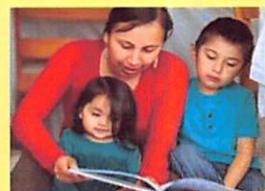


Contact Information: [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)



# Being a parent



A free 8 week programme run by parents, for families with children 2-4 years old.

\*\*\*\*\*

**Learn how to get the most out of family life through exploring a variety of topics such as, being a good enough parent, understanding your child, discipline strategies, coping with stress and listening and communication.**



**Date:** 21/01/2026 until 18/03/2026

*(no session on 18/02/2026)*

**Time:** 9.30am until 12.30pm

**Location:** Eldon Family Hub, St Peter's Road, Edmonton, London, N9 8JP

**For more information or to book on please contact:**

**Katrina Bray**

Family Support Worker

07356320406

[Katrina.Bray@enfield.gov.uk](mailto:Katrina.Bray@enfield.gov.uk)



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

**YOUTH & FAMILY**  
**HUB**  
HELPING CHILDREN, YOUNG  
PEOPLE AND FAMILIES THRIVE

**ENFIELD**  
Council 

## Programme for Parents/Carers

### Strengthening Families, Strengthening Communities (SFSC)

is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

**Who is it for?** All parents/carers

**How long?** 13 weeks - each week you attend a 3-hour session in person

**When?** Fridays, 6 Feb – 22 May 2026  
(except 20 Feb, 3 & 10 April)

**What time?** 9:45am – 12:45pm

**Where?** Ponders End Youth & Family Hub,  
141 South Street, EN3 4PX

#### Certificate Award Ceremony at end

**How to Book?** [Strengthening Families, Strengthening Communities Programme](#) or scan QR code



Accredited by



[www.enfield.gov.uk](http://www.enfield.gov.uk)

# Small changes, big differences.



## Triple P for Baby – A positive start for babies and parents

Aims to prepare parents-to-be and parents with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

### Topics covered includes:

**Session 1: Positive parenting**

**Session 4: Partner support**

**Session 2: Responding to your baby**

**Sessions 5-7: Implementing parenting routines**

**Session 3: Survival skills**

**Session 8: Ways to maintain changes**

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### WHEN?

Mondays, 23 February – 11 May 2026 at 12:30pm-2:30pm;

(except 30 Mar & 6 April)

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### WHERE?

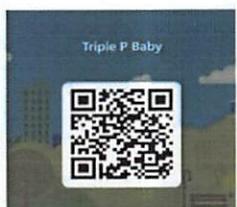
Craig Park Youth & Family Hub, 2 Lawrence Road, London N18 2HN

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### HOW TO BOOK ONLINE?

[Triple P Baby Referral](#)

**CONTACT INFORMATION:** [ParentingProgrammes@enfield.gov.uk](mailto:ParentingProgrammes@enfield.gov.uk)



[Parenting Directory | Enfield Council](#)



Online  
Course

# strengthening families strengthening communities

Want to get some new ideas to help  
you be the best parent you can be?

Enhance your relationship with your children?  
Learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

## What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

## Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

## Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



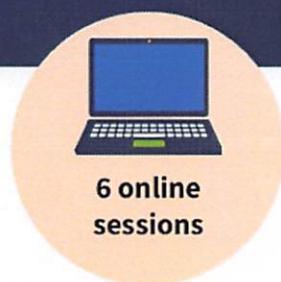
Online  
Course

# Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

## What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

## Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

## Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.



To find out more scan  
QR code or email:  
[sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)

