

## Time out for Parents Parenting Workshops

The Time Out for Parents courses run by the Wiltshire Family Hub are a supportive, non-judgemental space where parents can share experiences and build confidence together. Rather than being told what to do, families gain a practical toolbox of strategies to support challenging behaviour and big emotions, including understanding the needs behind behaviour and how staying calm helps regulate their child.

### What we Offer

- Time Out for Parents- Early Years
- Time out for Parents- Primary Years
- Time Out for Parents - Teens
- Time Out for Parents - Children with additional needs
- Time Out for Parents - Teens with additional needs
- Time Out for Parents - Dads

Virtual

Face to Face

At a time to suit you

The dads' programme has been especially powerful, highlighting the impact of calm, consistent boundaries and meaningful, present time with children – with many fathers choosing to continue onto further programmes. To hear from a dad who has done the course click [this link](#)

Visit our website to express your interest in a course. We will contact you with upcoming sessions in your area.

[CLICK HERE](#)

### The ABCs of safer sleep

Always sleep your baby on their back in a clear cot or sleeping space.

The safest sleeping position for your baby



Visit the [Lullaby Trust](#) for more tips around safer sleep

Family Hub  
Wiltshire Council



In partnership with...  
**Spurgeons**  
Together with families

Wiltshire Council

## Support We Offer

We are here to help with a whole range of topics including:

Ideas around implementing routines and setting boundaries.

Help to understand your child's needs and build your confidence as a parent.

Help around finances, housing applications, debt support and accessing benefits.

Support for healthy relationships

Volunteering opportunities

Healthy Start vitamins and vouchers

Advice on local childcare and applying for funding.

Introductions to other services

Sensory Play Spaces  
(Chippenham, Salisbury and Trowbridge)

Baby Wardrobe Project  
(Clothing for children 0-12 months)

## Facebook

Our Wiltshire Family Hub Facebook page is another way for families to stay up to date like and follow to stay in touch with us.

Simply click here:



## Get in touch with us

If you have any questions or would like more information about our services please call us on one of our numbers below or check out our website:

**Freephone:**  
**0800 970 4669**

[wiltshirefamilyhub@spurgeons.org](mailto:wiltshirefamilyhub@spurgeons.org)

Other useful numbers:

Health visitor - Single Point of Access  
**0300 247 0090**

National Breastfeeding helpline  
**0300 100 0212**

Fearfree (Domestic Abuse support Service)  
**01225 775276**

National Domestic Abuse Helpline  
**0808 2000 247**

For access to our Family Navigators check out our drop in timetable **HERE**

For information about our parenting courses please go **HERE**

Click here to visit our website



[www.wiltshirefamilyhubs.org.uk](http://www.wiltshirefamilyhubs.org.uk)