

CONFIDENT PARENT

Happy Child

SPRING TERM

April to July

2026

Delivering parenting
programmes in
Hammersmith & Fulham



CONFIDENT PARENT Happy Child

is for parents and carers of children
0-18 years of age living in Hammersmith and Fulham.
The project offers a range of evidence based parenting
programmes, information, advice and support for parents
and carers to build positive parenting skills.

5 TIPS

FOR BUILDING A LONG-LASTING POSITIVE RELATIONSHIP WITH YOUR CHILD

1 SPEND QUALITY TIME DAILY

Give your child 10-15 minutes of undivided attention each day.
It could be reading, playing, or simply talking, to show them they are valued and loved.

2 LISTEN

Listen, acknowledge their feelings, and don't rush to fix things
They often just need to feel heard.

3 SHOW CONSISTENT LOVE & AFFECTION

Express love through words, hugs and smiles.
Consistency builds trust and emotional security, helping them feel safe and valued.

4 COMMUNICATE POSITIVELY

Use encouraging language and focus on what they can do, not what they can't.
Example: "Let's try again together" instead of "You did it wrong".

5 RESPECT THEIR INDIVIDUALITY

Accept your child's unique personality and interests.
Avoid comparing them with others, and support their choices within safe boundaries.

REGISTER FOR CONFIDENT PARENT HAPPY CHILD PROGRAMMES ONLINE



You can now use the QR code below to
register for the programmes/workshops
online. Simply scan the QR code with your
mobile phone and fill in the form!



Scan me!



PARENT COFFEE MORNINGS

for Neurodiverse Parents *and* Parents of Neurodiverse Children

Join us for a warm and welcoming coffee morning designed especially for
neurodiverse parents and parents of neurodiverse children.

This is a wonderful opportunity to:

- Connect with other parents who understand your journey.
- Share experiences, tips, and support in a friendly environment.
- Relax and enjoy some well-deserved time for yourself.

Whether you're looking for advice,
friendship, or just a comforting cup
of coffee, we look forward to seeing
you there!



Thursday 22 January at 10.00 - 12.00pm
Masbro Centre, 87 Masbro Road, W14 0LR

WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



INCREDIBLE YEARS

- “I loved the programme and now have a much better understanding of my baby.”
- “Before, my baby always wanted me to hold him, but now we are working on helping him become more independent.”



TRIPLE P

- “I learned to be more present for my child!”
- “I feel more confident about setting boundaries for my child, as I now know how important they are for children’s development.”



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

- “Brilliant course! I am so glad I completed it because my relationship with my teenage sons has now improved. There are no more arguments, just clear communication and instructions.”



FREEDOM PROGRAMME

- “The programme helped me feel heard, seen, and supported.”
- “I have learned to notice the signs of a perpetrator and to keep myself and my children safe.”

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PROGRAMME OF PARENTING COURSES



TRIPLE P

A 5-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Online via Zoom	TRIPLE P	Every Wednesday starting 14.01.2026 4.00 – 6.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Flora Gardens Children's Centre Dalling Road W6 0UD	TRIPLE P (with Arabic support) Limited crèche places available for children under 5 years of age – booking required	Every Wednesday starting 25.02.2026. 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



TEEN TRIPLE P

A 5-week programme for parents with children 11+. These sessions allow parents to explore ways they can build a stronger relationship with their teenager, promote new skills and help emotional self-regulation and in return reduce conflict, manage problem behaviours and help their teen stay safe.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Online via Zoom	TEEN TRIPLE P	Every Wednesday starting on 25.02.2026 5.30 – 7.30 pm	Marina Kopanja 07740 752679 marina@upg.org.uk

FEARLESS TRIPLE P

A 6-week programme for parents/carers of children (6-16 years old) with anxiety. The programme supports parents in learning and applying positive parenting and anxiety management skills.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
TBC	FEARLESS TRIPLE P No childcare available	TBC	Marina Kopanja 07740 752679 marina@upg.org.uk

STEPPING STONES TRIPLE P

A 5-week programme for parents/carers who have a child with additional needs and disabilities between the age of 0-12 years. Parents are introduced to a range of strategies to help develop positive parent child relationship and encourage desirable behaviour. The programme teaches parents a range of techniques to teach children with disabilities skills in a range of areas, such as communication, problem-solving, self-care, and self-regulation as well as manage challenging behaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Baby Zone @ West Youth Zone 4 Eddcity Concourse W12 7TF	STEPPING STONES TRIPLE P No childcare available	Every Tuesday starting on 24.02.2026 9.30am – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

[SFSC] A 12-week programme for parents/carers who have a child between 3-18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0L	SFSC Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting on 08.01.2026 9.30am -12.30pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk

INCREDIBLE YEARS

An interactive 6-week group for parents with babies 0-12 months old. The programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for you.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	INCREDIBLE YEARS An interactive session for parent and baby together	Every Tuesday starting 10.02.2026 1.00 – 3.00pm No session during half	Marina Kopanja 07740 752679 marina@upg.org.uk

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ABOUT BOYS COURSE [ABC]



A 4-week group for parents/carers who have boys between 0-5 years of age. The programme supports parents/carers to have a better understanding of boys and their development. The programme offers practical techniques to support with boundaries and discipline.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 26.02.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

AUTISTICS IN CONVERSATION SERIES: HAPPY PARENT, HAPPY CHILD

A warm, welcoming space for parents and carers to share, learn, and celebrate the unique rhythms of Neurodivergent and Autistic children. Led by Actually Autistic voices, these sessions offer practical tips, lived experience, and a safe place to connect

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Online via Zoom	AUTISTICS IN CONVERSATION	Friday 30.01.2026 6.00 – 8.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Masbro Centre 87 Masbro Road W14 0LR	Limited crèche places available for children under 5 years of age – booking required	Thursday 05.03.2026 10.00am -12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

STRENGTHENING RELATIONSHIPS WITHIN FAMILIES PROGRAMME

A 3- week group course that looks at conflict as a normal part of any relationship. How parents interact, regardless of whether they are together or separated, has a big impact on their children. The programme supports parents to think about “constructive” ways to deal with disagreement as opposed to “destructive”.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Online via Zoom	STRENGTHENING RELATIONSHIPS WITHIN FAMILIES Booking essential	Every Thursday starting on 26.02.2026 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PROGRAMME OF PARENTING COURSES

WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Tudor Rose Family Hub Shottendane Rd SW6 5PG Open crèche for children under 5	Parenting for Resilience & Independence	Monday 26.01.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Manage Fussy Eating – Turning Fussy Eating into Happy Eating	Monday 23.02.2026 10.00 – 11.30am	
	Parenting Tips on Communication & Language Development	Monday 23.03.2026 10.00 – 11.30am	
Baby Zone @ West Youth Zone 4 Edcity Concourse W12 7TF	Making Bedtime Easier – Develop Healthy Sleep routine	Tuesday 20.01.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	More Yes, Less Stress – Positive Way to Gain Cooperation	Tuesday 10.02.2026 10.00 – 11.30am	
	Independent Play Made Simple – Tips for Parents	Tuesday 10.03.2026 10.00 – 11.30am	
Masbro Centre 87 Masbro Road W14 0LR	Sleep Workshop for Parents with Babies (babies under 12 months welcome)	Tuesday 03.02.2026 1.30 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Old Oak Family Hub 76 Braybrook Street W12 0AP Open crèche for children under 5	Course to be confirmed	Dates to be confirmed	Marina Kopanja 07740 752679 marina@upg.org.uk

PARENTS ACTIVE

Parentsactive is the forum for parent/carer of a child/young person with disabilities or special educational needs living in Hammersmith & Fulham. Parentsactive offers informative coffee mornings and training.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	PARENTS ACTIVE Session for parents who have a child with additional needs Booking required.	Runs fortnightly on Tuesdays 10.00 – 12.00pm	For up to date programme email: info@parentsactive.org.uk

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BIRTH & BEYOND

A 4-week course for expectant parents delivered by Home Start. The course covers: Your Health and Wellbeing During Pregnancy; Getting to Know Your Unborn

Baby; Giving Birth and Meeting Your Baby; Feeding, Bathing, and Practical Care of Your New Baby; Your Baby's Brain Development and Community Support After Birth: People and services available to new parents. This course ensures parents are well-prepared and supported for their new journey.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Baby Zone West Youth Zone 4 Edcity Concourse W12 7TF	BIRTH & BEYOND Booking essential	Tuesdays starting 24.02.2026 10.00 – 12.00pm	Ann-Marie 07732 901 488 ann-marie@ hswestminster.co.uk
	BIRTH & BEYOND Booking essential	Tuesdays starting 28.04.2026 10.00 – 12.00pm	

WEST LONDON ACTION FOR CHILDREN: PARENTING GROUPS

West London Action for Children offers a range of counselling and therapy services for families in Hammersmith and Fulham. Please call to discuss your needs or for more information.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
West London Action for Children 15 Gertrude Street SW10 0JN	BREATHING SPACE – A mindfulness based stress reduction group supporting parents to experience more choice when responding to situations	Call centre for dates	0207 352 1155 team@wlaac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	PARENTALK – A forward looking, solution focused group for parents & carers of children up to 12 years of age	Call centre for dates	0207 352 1155 team@wlaac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	DADS MATTER – A forward looking solution focused group for dads, step dads and male carers of children 12 years and younger	Call centre for dates	0207 352 1155 team@wlaac.org.uk

PROGRAMME OF PARENTING COURSES



was an outstanding year for **Confident Parent Happy Child and Parents @Masbro projects**. We supported **346 parents** through **57 programmes and workshops** across Hammersmith & Fulham, achieving a **4.7/5 satisfaction rating** and **100% positive impacts** including:

87%
saw improvements
in their child's
BEHAVIOUR

100%
of parents reported
increased:
★ **CONFIDENCE** ★
★ **KNOWLEDGE** ★
★ **UNDERSTANDING** ★

76%
experienced better
parent-child
RELATIONSHIPS

87%
gained a stronger
understanding of
CHILD DEVELOPMENT
and their
CHILD'S NEEDS

78%
feel more
**POSITIVE ABOUT THE
FUTURE**
and know where to
FIND SUPPORT

OTHER HIGHLIGHTS INCLUDED:

- ★ Delivering parenting course at HM Prison Wormwood Scrubs
- ★ Partnering with Midaya's mothers' group for Somali/Arabic language support
- ★ Creating joyful family experiences at the Lyric Theatre, Kew Gardens, and Christmas at Kensington Palace.

These achievements reflect our commitment to empowering parents, strengthening family bonds and fostering inclusive communities.

If you are a parent thinking about joining one of our courses, now is the perfect time!

We will work with you on your parenting journey, without telling you what to do. Instead, we will give you tools, knowledge, and support to help you –

BE THE BEST PARENT FOR YOUR CHILD!

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----- Marina Kopanja -----
PARENTING PROJECT MANAGER

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E-mail: marina@upg.org.uk
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