

Parenting Support



Parenting support for
families living in Powys with
children aged 0-18 years

Solihull Antenatal Course

Solihull Antenatal course gives parents practical information about pregnancy and birth, whilst at the same time introducing them to their baby.

To find out more, contact your midwife.

Incredible Years

There are opportunities across Powys for parents to join the following Incredible Years groups:

Your Incredible Baby- 0-6 months

Your Incredible Toddler - 1-3 years

Your Incredible Child - 3-8 years

Incredible ASD - for parents of children with a diagnosis of autism or undergoing assessment with the NDS Team.

To find out more, scan the QR code or email

parentinggroups@powys.gov.uk



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Speech and Language Development

Let's Talk with your Baby - is a fun, practical 8-week course for parents/carers and babies aged from 3-12 months. Each session is approximately 1-hour long.

Let's Talk with your Toddler - A 6-week practical course for parents/carers and toddlers aged 1-2. Each session is approximately 1-hour long.

For more information and to book a place email
Claire.Evans30@wales.nhs.uk

School Readiness Course

A 4-week course for parents and carers looking at supporting children through play with social and academic skills and reading with care. Each session is approximately 2-hours long.

To find out more please email: rhian.carter@powys.gov.uk or margaret.breese2@nhs.wales.uk

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Parents of Teenagers

Take 3 - 10-week group sessions looking at the skills and strategies needed to support teenagers through this challenging life stage. Discuss ideas, concerns and issues that all parents of teenagers have.

For more information and to book a place email mary.evans@powys.gov.uk

Teen Life - For parents of young people aged 10-16 yrs with a diagnosis of an Autistic Spectrum Condition (ASC)

For more information contact Powys.ias@wales.nhs.uk or 01874 712607