

Parents have made these comments about The Incredible Years Parenting Programme...

"I really am getting pretty good at praising my children's behaviour!"

"There are less angry outbursts at home now"

"I am encouraging my children more and I see them trying new activities with greater confidence because of this ... I have learnt that I need less rules and more praise to help my children behave better!"

"I would recommend the IY programme to other parents as it has really helped me have a better relationship with my children"

For more information and/or a registration form please contact:

Canterbury & District Early Years Project

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PR4 Families

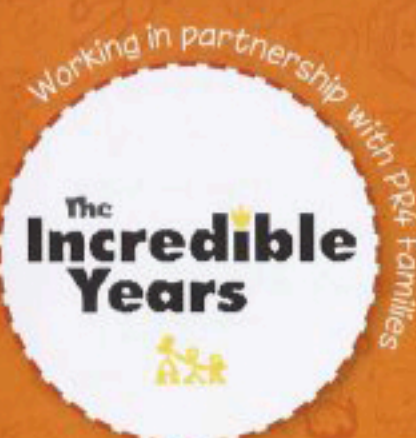
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The Incredible Years Parenting Programme

Need a hand with parenting?



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Sometimes no matter how hard we try, parenting can feel like a struggle...

This evidenced based programme supports parents of children between the age of 2 and 12 who are experiencing difficulties with emotions or behaviours. Parents who would like to further develop their parenting skills and relationship with their children will also find this programme helpful.

The Incredible Years, Webster-Stratton parenting programme suggests that parents should begin with building on the positive aspects of the parent-child relationship rather than the negative behaviour of the child.

"The social, emotional and academic development of children is an incredible process- as is the growth and development of parents! Give yourself permission to enjoy this process by trusting your instincts, learning from your blunders, laughing at your mistakes and imperfections, getting support from others, taking time for yourself, and by having fun with your children! It is the INCREDIBLE YEARS-with all its tears, guilt, anger, laughter, joy and love."

Carolyn Webster-Stratton



Sessions

An informal introductory session will be offered to parents /carers interested in participating in the programme. This will be followed by a programme of 12, 2 hour, weekly term time sessions. It is important to participate in all sessions as each builds on the previous one.



Certificates will be presented on completion of the course.



Topics

Topics that will be explored in the sessions include:

- Using praise effectively including encouragement and rewards
- Improving family relationships through play
- Positive discipline including rules and effective limit-setting
- The importance of parent's attention and special time with children
- Parental well being
- Enabling the development of appropriate logical consequences and problem solving
- Effective use of time out

Childcare/Crèche

Crèche/childcare will be available for any babies and pre-school children of parents/carers participating in the programme.

Refreshments

Snacks and drinks will be available for both parents and children.