

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

## Canterbury & District Early Years Project

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## Canterbury & District Early Years Project

also provides the following programmes, courses & services:

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  - Speakeasy
  - Crèche Bank
  - Holiday Activities
  - Community Events
  - Incredible Years
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  - Baby Explorers
  - Infant Massage
  - Family Play Sessions
  - Family Learning

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# Positive Parenting Programme



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### About Positive Parenting...

This 10 week programme is for parents and carers of children between 18 months and 8 years and each session is for an hour and a half. It enables parents to explore and further understand their children's behaviour and ways of making parenting easier and more enjoyable.

Crèche / childcare is available for any pre-school children of parents and carers attending where they can enjoy safe and stimulating play experiences and have FUN!

Refreshments are available for parents and carers and children.

The programme ends with a celebration & presentation of certificates

### What is required of parents and carers?

The Positive Parenting Programme really works best when everyone fully participates! Throughout the sessions, parents and carers will be encouraged to reflect on their own experiences and how these have influenced their parenting styles.

### The programme will provide opportunities to...

- Share experiences of being a parent
- Learn more about why children behave the way they do
- Recognise what children really need and how these needs can be met
- Exchange ideas and information
- Explore, as a group, practical ways of managing challenging behaviour
- Time for parents to reflect
- Further develop parenting confidence

### Parents have made these comments about the Positive Parenting Programme...

"It was a very welcoming and relaxing group"

"I have found the course a big help"

"I like it that I see the same people each week"

"This group has made me more positive in general"

"I feel more confident now when it comes to dealing with the things that kids do"

"I feel happier, more confident and more knowledgeable"

"There is lots of useful information and I really look forward to each session"