



Incredible Years (1-3 years)

Parenting Programme

Starting on: **Wednesday 11th January 2017**

9:30am - 11:30am

**This is a 10 week course for parents
with children aged: 1 - 3 years**

This course aims to help with;

- Child directed play - Promotes positive relationships.
- Promoting toddler's language with child directed coaching.
- Social and emotional coaching.
- The art of praise and encouragement.
- Spontaneous incentives for toddlers.
- Handling separations and reunions.
- Positive discipline - Effective limit setting.
- Positive discipline - Handling misbehaviour.

**Limited crèche
spaces available**

**For more information or to book a place on this
programme contact the Children's Centre:**

March & District Children's Centre

Cavalry Drive, March. PE15 9EQ

01354 656581



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The Incredible Years (1-3yrs)

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What is it?

A friendly and relaxed group for parents and carers to look at ways we can help with our child's problem behaviour.

We look at ways to encourage positive behaviours and also look at strategies to enable families to make real improvements in their child's wellbeing.

We look at learning through play and the language and communication we use to support and encourage our child's development.

How will it help?

- It can help increase your skills in dealing with your child's problem behaviours.
- It can help you build on the positive behaviours.
- It can help improve your confidence and reduce your feelings of stress.
- It can help you to decrease your child's problem behaviours.

If you would like to talk to someone about this programme before registering, please contact the Children's Centre.

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