

# The Incredible Years Parent Support Course

The Incredible Years Parent Support Course is for any parent with a child aged 2 - 8 years. The course focuses on strengthening parent:child relationships, and providing strategies to reduce harsh discipline techniques.

The course will help you to learn about promoting your child's social and emotional development, as well as techniques to support academic development. This course is a 14week course.

This course aims to:

Help you deal with the behaviour of your children more effectively

Help you bring out the best behaviour in your children

Build upon your skills and techniques for dealing with difficult behaviour.

Increase your self confidence

Anyone who is a parent or carer can attend.  
You can bring along someone to support you if you wish.

Two parents from the same family can attend

The course is useful for all parents and carers.

In the sessions we will use video clips of real life parent-child interactions to highlight ways to:

Play with your child

Handle difficult behaviour

Find ideas to use in your own family.

These topics will be discussed and you will have the opportunity to talk about your own experiences.

There will be chance to practice new ideas within the group with guidance from the course leaders.

**This course is FREE OF CHARGE.**

**Where?**

Barton Clough Primary School (Snug Room)

**When?**

Every Wednesday Afternoon 12.30 -3pm.

**Induction session on:**

Wed 11th February 1 - 2pm.

**Course Dates:**

Wed 25th February -Wed 24th June.

(14weeks in total, excludes school holidays)

**The course will be run by:**

Emma Bamlett (Senior Family Support Practitioner)

Lisa Heath (Family Support Practitioner)

Viki Clapham (Barton Clough Learning Mentor)

Places are limited

please book your place with

Viki Clapham, Learning Mentor

0161 748 7539 or

bartonclough.vsidwell@traffordlearning.org

