

Parents

Do you find parenting a doddle?

Are there times when its hard and times when you wonder where it all went wrong?

The Incredible Years

Parenting Programme may be for you.

If you would like to understand more about your child's behaviour and learn about setting effective limits, call the Children's Centre and ask to speak to a member of staff about enrolling on the

Incredible Years Parenting Course

For further information or to reserve your place, talk to a member of staff or contact the Children's Centre

Torridge Children's Centres,
Victoria Park, Bideford EX39 2QQ

All enquires to:
Phone: 03300 415494
Email: torridgecc@actionforchildren.org.uk



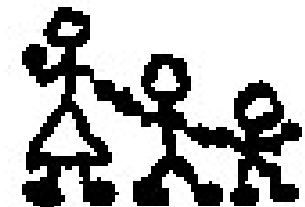
HOW ACTION FOR CHILDREN WORKS


The Incredible Years

From Thursday 1st March,
running for 14 weeks
(excluding school holidays)

9:15 - 11:15am at St Mary's School

For parents with children
5 to 8 years





Parenting children from three to five years can be a difficult time for both parents and children.

For children it is a period of major transitions when they are moving from a world where fantasy

and reality are often confused to a more concrete world where rules and ideas become more permanent.

One minute they need security and affection, and the next they need to be independent and prove they can do things by themselves.

Did you know that approximately 70% of toddlers have at least one temper tantrum per day?

The Incredible Years Programme has a proven success rate and has been in use since the early eighties.

Where did the idea come from?

The Incredible Years Programme was designed by the American clinical psychologist, Dr Carolyn Webster Stratton and aimed at parents with young children who are learning to test the limits of their environment, finding out what will be tolerated and what will not.

This testing can show itself in many ways, like throwing temper tantrums, whining, lying, stealing, fighting etc.

Parenting is one of the hardest jobs, and yet it is given the least amount of preparation and training.



Topics / issues covered

- Play
- Praise and rewards
- Effective limit setting
- Handling misbehavior
- Ignoring
- Time out

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.

These are the incredible years - with all their tears, guilt, anger, laughter, joy and love.

