



FIRST STEPS INCREDIBLE YEARS! A GROUP FOR PARENTS OF 5-12 YEAR OLDS

Mums, Dads
and carers
book your
FREE place
NOW!

WHAT IS IT ABOUT?

Parenting children ages five to twelve can bring lots of challenges, as well as rewards.

This programme is run by the **First Steps NHS Psychology Service**, we are an NHS early support service who work with children and young people aged 0-18 and their families. We help with behaviours, emotions and relationships.

This group has been helpful for many parents, and may give some useful ideas to help you build a positive relationship with your child, promote positive behaviours, and reduce difficult behaviours. The group will cover a number of topics, including.....

Developing
positive
relationships

Managing
Problem
Behaviour

Setting
limits

Rules,
responsibilities
and routine

Time Out &
Consequences

Child-
directed play



*"A wonderful course. I feel so much more confident in my parenting abilities and I feel I have more options at my disposal. This course would be fantastic for every parent"
(quote from a parent that completed the course)*

WHEN AND WHERE?

The group will meet once a week for two hours at
Morningside Primary School
10am - 12pm on Tuesdays
2nd May - 18th July 2017 (term-time only)



NEXT STEP....

If you are interested in attending the group, then you can self-refer or ask a professional to refer you. **Please call us on 0207 683 4611 to find out more information and to see if this group is right for you.**

Places are limited and will be allocated on a first-come first-served basis, so please call soon!

WE LOOK FORWARD TO HEARING FROM YOU!