

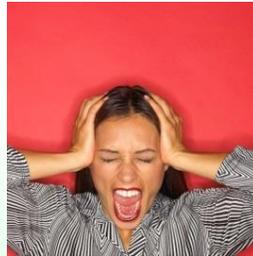
## THE INCREDIBLE YEARS Parent Group for parents with children of 5-12 year olds

Get a Free Book!

### WHAT?

Do you have a child aged 5-12?

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



First Steps are going to be running a group for mums, dads, and carers of 5-12 year-olds, called the **First Steps' Incredible Years Parenting Group**. This programme 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*

*Child-directed play*

*Rules, responsibilities and routines*

*Time Out & Consequences*

*Encouraging behaviours you like*

*Managing problem behaviour*

*Setting Limits*

We will do a range of activities in the group, including: watching video clips, discussing experiences and concerns, sharing ideas, practising skills & home tasks.



*"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 group)

### WHEN AND WHERE?

When: **FRIDAYS, 12.30pm – 2.30pm**

Start: **26<sup>th</sup> April – 12<sup>th</sup> July 2019**  
(11 weeks plus half term)

Where: **Linden Children's Centre, 86-92 Rectory Rd, London N16 7SH**



Free Crèche  
3mths – 5yrs

### WHO IS RUNNING IT?

First Steps is an NHS Psychology Service, for children and young people aged 0-18 and their families. We aim to help with difficulties relating to behaviour, emotions and relationships. As well as running groups, we also offer individual support to families.



### 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 014 7135** 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 WILL LOOK FORWARD TO HEARING FROM YOU**