



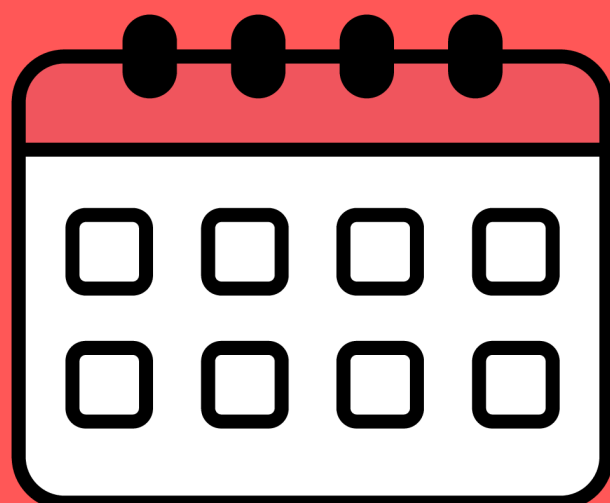
INCREDIBLE YEARS 3-6 YEARS PROGRAMME



ARE YOU CONCERNED ABOUT YOUR CHILD'S BEHAVIOUR AND WOULD YOU LIKE TO LEARN SOME STRATEGIES TO HELP HAVE A CALMER HOME? WE MAY BE ABLE TO HELP!

WHERE IS IT?

**Dorchester,
Town Centre**



WHAT ARE THE DATES:

November 5th, 12th, 19th,
December 3rd, 10th, 17th
January 7th, 14th, 21st, 28th
February 4th, 11th, 25th
March 4th, Final Session 11th March

WHAT IS THE TIMINGS?

Each session will start at **10:15 am** prompt and finish at **12:30**

You are required to attend a minimum of 75% attendance for completion



WHAT IS THE COURSE ABOUT?

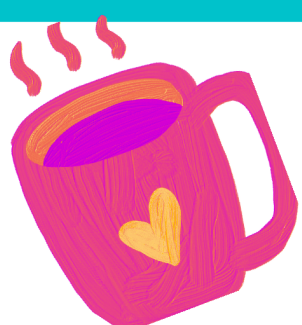
The evidenced based Incredible Years Programme enables parents to have effective tools in managing their child's behaviour. It aims to give you new strategies as well as building on the ones you are already using to make them more effective in your home. In turn you should see an increase in positive behaviours and a reduction in behaviours you find challenging, helping you feel more confident and reducing household stress.

WHAT WOULD I NEED TO BRING?

Yourselves! We will provide you with folders, pens, coffees, teas and biscuits.

You will be given a free Incredible Years Folder and can either loan or purchase the Incredible Years Book. To purchase the book there is a contribution of £10. Alternatively the books can be purchased via Amazon for £25.

WANT TO FIND OUT MORE?



Come along to our free coffee morning to find out more about the programme and to meet the lovely Parenting Practitioners who will be on hand to answer your questions!

Tuesday 17th September 10:15-11
Dorchester Library - 1st Floor.
Classroom 2



HOW CAN I JOIN?

REFERAL NEEDED: You can speak to the SENCO/Family Support worker at your child's nursery or school. Or you can self refer by going to our website:
<https://services.actionforchildren.org.uk/dorset-services/parenting/parenting-programmes/>
Or contact the team on 01202525642

Scroll down to the self referral link- check our criteria or contact us to discuss with us. We also offer ADHD and programmes for parents whose children are 6-12 years.