



The Incredible Years Parenting Programme

This evidence based programme will require a 10 week commitment from you. Over the weeks we will look at the foundations of successful parenting. The course supports parents interactive play and reinforces skills such as discipline strategies, including 'time out' and 'ignoring', logical and natural consequences and problem-solving techniques. It strengthens parent-child interactions and attachment, reducing harsh discipline, fostering parents' ability to promote children's social, emotional language development and promote children's emotional regulation. Each week will involve group discussion around key themes and a series of film clips.

Venue: Sandringham Infant School
Sandringham Way
Frimley,
GU16 9YF

Starts: Wednesday 10th January 2018 (term time only)

Timing: 09.15-11.15am

Duration: 10 weeks

A drop-in session will be held at Sandringham on Wednesday 10th January '18 9-11.30am. If you would like to know more about the course or want to talk to parents who have already completed the course why not drop in and see us.

Please note that there will be no crèche available. Refreshments will be available, if you would like to participate in this programme please follow the Kite FSW Eventbrite link below.

<https://www.eventbrite.co.uk/e/kite-fsw-the-incredible-years-course-sandringham-infant-school-17th-january-18-duration-10-weeks-tickets-36066038492>

Alternatively, if you would like further information then please ring me Ruth Masih, Family Support Worker on 07718651277