



PARENTING PROGRAMMES

Here to help...

**PLYMOUTH
INFORMATION ADVICE
AND SUPPORT FOR SEND**



Tired of tantrums?

Struggling with teens?

Want to have more fun?

We offer a range of internationally recognised Parenting Programmes that have been shown to work in Plymouth for a wide range of families.

Here is what some of them have had to say about what they got out of the courses:

...thank you for an enjoyable time and helping us to feel confident...

(Mum, Incredible Years)

I am not the only parent who needed help. This course has helped me learn how to be a better parent

(Dad, Strengthening Families Programme)

How to respect and have a laugh with mum and dad. How to solve problems better

(Young Person, Strengthening Families Programme)

How to deal with stress calmly and able to have trust in my family. To talk to them without them shouting! I've had a great time

(Dad, Strengthening Families Programme)

You make Wednesday mornings complete and are very easy to talk to so thank you for making it fun and full of chocolate! I will miss it all

(Mum, Incredible Years)

I've learned to calm my temper and listen to my parents a bit more. know how to say no and spending more time with my dad

(Young Person, Strengthening Families Programme)

The course you choose will depend on how old your children are. The following pages provide a brief guide to courses available...

INCREDIBLE YEARS BABIES

Key features...

- Special time for you to get to know, understand and enjoy your baby in a safe and supportive setting.
- Lets you learn about how babies develop in their first year and practise the skills to feel confident as a parent.

- For parents-to-be and parents of 0-12 month old babies
- 8 x 2 hour sessions
- Babies come along
- Courses run in the day

INCREDIBLE YEARS TODDLERS

Key features...

- Gives you the tools to deal with the unique demands that toddlers can put on you as they start to become their own person.
- To learn simple techniques to support and nurture the development of your little one, whilst having fun.

- For parents of 12-36 month old toddlers
- 10 x 2 hour sessions
- Parents only
- Courses run in the day

INCREDIBLE YEARS EARLY CHILDHOOD

Key features...

- Gives you the tools to use Play, Praise and Rewards to bring out the best in your child.
- Gives you the confidence to deal with difficult behaviour without losing your cool.

- For parents of children aged 3-6 years
- 14 x 2 hour sessions
- Parents only
- Courses run in the day

INCREDIBLE YEARS AUTISTIC SPECTRUM AND LANGUAGE DELAY

Key features...

- Gives you the skills and confidence to deal with difficult behaviour and support your child in learning to manage their emotions.
- Enables you to support your child to develop their language skills and social relationships with others.
- Allows you to nurture your child's development in readiness for school

- For parents of children aged 2-5 years with a diagnosis of ASC/ Language Delay
- 12-16 x 2 hour sessions
- Parents only
- Courses run in the day

INCREDIBLE YEARS SCHOOL AGE

Key features...

- Gives you the skills and confidence to resolve typical pre-teen issues before they become problems.
- Builds a foundation of closeness and affection to see you through the difficult teenage years.
- Supports you to work with your child's school so that they get the best out of their education.

- For parents of children aged 6-12 years
- 12 x 2 hour sessions
- Parents only
- Courses run in the day

STRENGTHENING FAMILIES PROGRAMME 10-14

Key features...

- Teach you simple ways of dealing with issues before they become major problems.
- Gives you and your child time together away from day to day pressures to get to know and understand each other.
- Develop techniques to help your child to resist peer pressure and keep them safe from drugs and alcohol.
- Fun, games and loads of laughs along the way.

- For parents of 10-14 year olds
- 7 x 2.5 hour sessions
- Parents and young people attend
- Courses run in the evening

We deliver these programmes at venues across the city.

To apply please complete a request form at www.plymouthias.org.uk/parenting-programmes or contact us

CONTACT US...

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