

Positive Parenting

“The Incredible Years”

*Based on the work of
Carolyn Webster Stratton*



Building skills and confidence in
managing children’s behaviour and
getting the most out of family life.

How do I join a Positive Parenting course?

Just ring the number below or call into **Cross Gates and Manston Children’s Centre** to put your name down for a place.

Once we have your contact details we will get in touch to arrange a time to call to see you to provide more information about the course, and to make sure it’s right for you.

Who should I speak to for more information?

Helen or Catherine at the Children’s Centre
Tel: 0113 2643455

" is a 10 week parent craft course based on the work of
tton. If you have watched 'Little
ny' on TV, much of it will teach you similar

running for many years in lots of different
ve brilliant results for families. It is run by people who
trained to help parents/carers to:

confident in managing their children's behaviour.
their children in being ready to learn.
they, and their children get the most enjoyment out
g time together.

en can benefit from this course. It is particularly help-
who can find their children's behaviour
The best results have been with parents/carers of
years.

st?

FREE

is course is right for me?

igned to help parents/carers learn more about getting
me they spend with their children, how to give good
go well and ideas about what to do when they don't.
in finding out more, the group organisers will visit you
course starts to talk about whether the group will be

What happens when we meet?

Each course will have places for between 10 and 20 parents
meet at the same time every week. There will be organised
meeting who will show videos, help the group to discuss
topics and encourage parents/carers to try new strategies.
You can talk together and share your own experiences of
no one is ever put under any pressure to do this.

There will be refreshments provided during the break.

Can I bring my child too?

Yes – The meetings will just be for parents/carers but there
nursery places available, so that young children can be looked
you attend.

What will I get out of this course?

The majority of parents/carers have found that by the end
their confidence has improved, they manage their children
better, their relationships with their children improve and
joy parenting more. The idea of the group is to have fun
same time.

What if I can't get transport or childcare arranged?

We may be able to help you with these arrangements. Please
group organisers to discuss transport and childcare.

When do the Positive Parenting courses run?

The Positive Parenting courses run at different times of the
contact us on the numbers overleaf to find out the dates