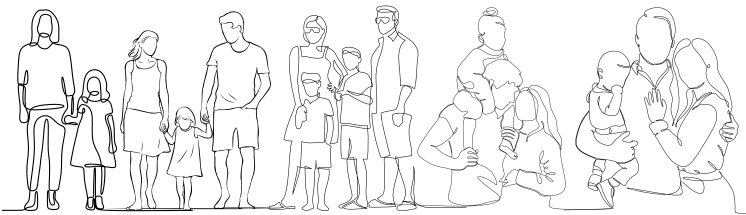


THERAPEUTIC EVIDENCE-BASED PARENTING PROGRAM

SUPPORTING CHILDREN, PARENTS AND CARERS



14 WEEK PARENTING GROUP FOR
PARENTS AND CARERS
WITH CHILDREN
AGED 5-12 YEARS

HOW DO I START?

You can speak with staff at school who will be happy to send your details to our service. A member of the team will be in touch to offer support and guidance.

WHEN AND WHERE?

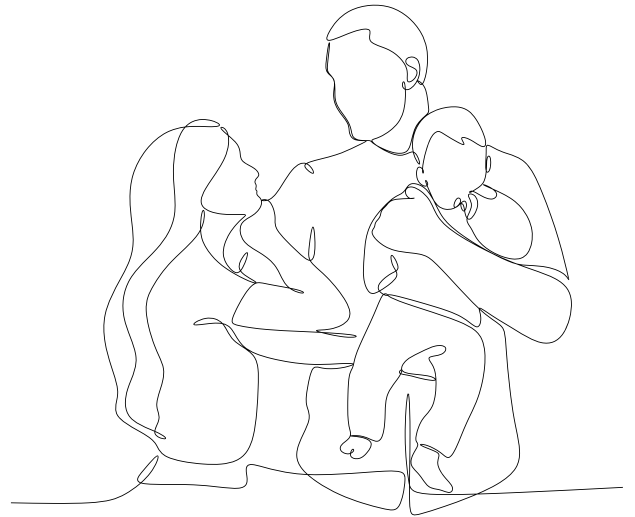
Each training programme lasts for 14 weeks. Weekly sessions of 2 1/2 hours and refreshments are provided. The program is currently running across Hartlepool and Stockton

WHY COMPLETE THE PROGRAMME?

- Increasing parent and carer confidence
- Parent-child interactions
- Nurturing Relationships
- Reducing behaviour challenges
- Promotes social, emotional and academic skills in children

WHAT IS THE INCREDIBLE YEARS®?

- Following your child's lead in play
- How to praise and reward
- How to set limits (using rules and routines)
- Handling children's misbehaviour
- How to communicate effectively with your child
- Problem solving
- Teaching children to express and manage emotions (including anger) effectively



TOPICS COVERED

- Following your child's lead in play
- How to praise and reward
- How to set limits (using rules and routines)
- Handling children's misbehaviour
- How to communicate effectively with your child
- Problem solving
- Teaching children to express and manage emotions (including anger) effectively

AIM OF THE GROUPS

- To work with you and school staff to make positive changes to your child's behaviour
- Facilitation and support by highly trained therapists
- Evidence based therapeutic intervention to support you to manage difficult behaviours
- To learn new ways of playing and communicating with your child
- Make a positive difference to your relationship with your child

HOME COACHING

The benefits to home coaching include:

- Additional personalised practise at home with children
- Make up for a group session you have been unable to attend
- Delivery of the entire programme on a one to one basis at home
- Extra support with specific aspects of the programme
- Tailored support for your family
- Learning on an individual basis in your home

CONTACT US AT:

Alliance Psychological
Services Limited
24 Yarm Road,
Stockton-on-Tees, TS18 3NA
Telephone: 0800 038 5756
cypfamilies@alliancepsychology.com
www.alliancepsychology.com