

Barnardo's Children & Family Centre's in Gloucester City:

Bartongate Children and Family Centre, Sinope Street, Gloucester GL1 4AW. Tel: 01452 417593.

Finlay Children and Family Centre
Tredworth Road, Gloucester GL4 6TL. Tel: 01452 530312.

Kaleidoscope Children and Family Centre, Sherbourne Street, Kingsholm, Gloucester GL1 3DN. Tel: 01452 520182.

The Lighthouse Children and Family Centre, Linden Road, Linden, Gloucester GL1 5JA. Tel: 01452 872290.

The Link Children and Family Centre, Matson Avenue, Matson, Gloucester GL4 6BE. Tel: 01452 560451.

The Oaks Children and Family Centre, Holmleigh Road, Tuffley, Gloucester GL4 0RN. Tel: 01452 526856.



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UNDERSTANDING YOUR CHILD



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The things you do
every day that
help your child's
growing brain

Service Name: Gloucester City TFS Service
Manager: Alison Nicholas (CSM)



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**The
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Webster Stratton Incredible Years

Information leaflet for professionals

To book a place on the next
programme Visit:
www.glosfamiliesdirectory.org.uk
and select the icon "parent work-
shops" then search the
programme title.

The Incredible Years Programme

For children between the ages of 2-8 years it can be especially challenging as they are beginning to learn:

- ♦ Real Vs make believe
- ♦ independence Vs needing security and affection.
- ♦ Testing the limits of their boundaries set by care givers.

As children experience new rules and boundaries at pre-school or school they can become confused, frustrated at not getting their own way, destructive and sometimes even aggressive.

For parents these behaviours are often surprising and sometimes difficult to handle.

The Incredible Years Programme is a guide to help parents to , troubleshoot and help to support their young children nurture parenting that promotes positive social behaviours in children.

What will the course do?

The short term goals of the programme are:

- ♦ To increase children's social skills and emotional language
- ♦ Increase children's problem solving skills
- ♦ Decrease negative attributions and increase empathy skills
- ♦ Decrease children's aggressive behaviours and non-compliance.
- ♦ Increase children's school behaviours, reading skills and academic competencies.

For parents the aims are:

- ♦ To guide you through child initiated play
- ♦ To make positive relationships
- ♦ To encourage children's academic, emotional, social development

What does it involve?

The course is run over a 12 week period* with sessions lasting 2 hours.

This excludes half terms

There are activities to suit different learning styles:

- ♦ Use of DVD clips
- ♦ Group discussion
- ♦ Role play through modelling

Key Facts:

Open for parents of children aged 2-8 years.

Encourages parents to explore, troubleshoot and support their young children.

Nurtures competent parenting that promotes positive social behaviours in children as well as enhance self-esteem.

Certificate on completion