

Get a Free Book!



Do you have a child aged 5-12?

WHAT?

Parenting children ages five to twelve can bring lots of challenges, as well as rewards.



First Steps are going to be running a group for mums, dads, and carers of 5-12 year-olds, called the **First Steps' Incredible Years Parenting Group**. This programme has been helpful for many parents, and may give some useful ideas to help you build a positive relationship with your child, promote positive behaviours, and reduce difficult behaviours.



The group will cover a number of topics, including.....

- Developing positive relationships
- Child-directed play
- Rules, responsibilities and routines
- Time Out & Consequences
- Encouraging behaviours you like
- Managing problem behaviour
- Setting Limits

We will do a range of activities in the group, including: watching video clips, discussing experiences and concerns, sharing ideas, practising skills & home tasks.



"A wonderful course. I feel so much more confident in my parenting abilities and I feel I have more options at my disposal. This course would be fantastic for every parent" (quote from a parent that completed the group)

THE INCREDIBLE YEARS Parent Group
for parents with children of 5-12 year olds

WHEN AND WHERE?

When: Thursday's, 12.30pm – 2.30pm
Start: 20th April – 6th July 2023
(11 weeks plus half term)

Where: Holmleigh Primary School
Dunsmure Rd, London N16 5PU

WHO IS RUNNING IT?

First Steps is an NHS Psychology Service, for children and young people aged 0-18 and their families. We aim to help with difficulties relating to behaviour, emotions and relationships. As well as running groups, we also offer individual support to families.

NEXT STEP.....

If you are interested in attending the group, then you can self-refer or ask a professional to refer you. Please call us on **0207 014 7135** to find out more information and to see if this group is right for you. Places are limited and will be allocated on a first-come first-served basis, so please call soon.

WE WILL LOOK FORWARD TO HEARING FROM YOU

