



What does the course cover?

- Attention & Special Time
- Social Skills
- Understanding Emotions
- Persistence
- Effective Praise and Encouragement
- Motivating Children through Incentives
- Implementing Rules
- Giving Children Responsibilities
- Clear Limit Setting
- 'Time Out' to Calm Down
- Logical Consequences

This course looks at positive strategies for parents to support them in managing their child(ren)'s distressed behaviours and aims to support in creating a positive, calmer home atmosphere.

**“A very informative and enjoyable course” -
Joanne, May 2021**



-FREE- Positive Parenting Course

Contact Information

Contact Bethany and Amy on:
familysupport@highfields.derbyshire.sch.uk

For further information or to join the course



Positive Parenting Course

Free courses available

*For parents/carers of children
aged 4-11 years*

The next course starts on:

**15th January 2024—
12th February 2024
1:30pm -3 3pm**

**Venue: Castle View Pri-
mary School**

**School Road, Matlock, DE4
3DS**

The course runs for 5 weeks



This course is free to attend and all handouts will be provided at no charge.

What is a Positive Parenting Course?

The course is a weekly parenting programme that aims to improve parent-child interactions and build positive relationships and attachment. The course promotes children's social skills, focussing on how to help children understand and regulate their emotions. The course also provides useful information around putting routines and boundaries in at home and helping children with their problem solving skills.

Feedback from attendees in 2021

"This a fantastic course that outlines the main issues faced by most parents"- May 2021

"I have loved the group and found this very helpful for my relationship with my son"

May 2021

"I feel much more confident now" - May 2021



"I felt everyone understood each other" - May 2021

"Sometimes to talk things through you find reassurance that you are not alone and there are others in the same situation" -

May 2021

The Incredible Years[®]

This course is based on the Incredible Years programmes which were developed by Carolyn Webster-Stratton, Ph.D.

The programme is delivered all over the world including USA, Canada, Norway, Russia, New Zealand and Australia.

Please contact the Family Support Team to confirm if you would like to attend the course. In your email please include your Children's Names, Ages and which schools they attend.

Email:

Familysupport@highfields.derbyshire.sch.uk