**The Incredible Years**

**Parenting Programme**

 **Promoting Positive Behaviours for Children 6 – 12 years old.**

**Coffee & Introduction evening:** Tuesday 13th March 2018

**Programme Starts:**

Tuesday 20th March 2018, 6-8pm for 12 weeks

**Venue:** The Braid Townhall, Ballymena

**The programme is designed to strengthen parenting skills, build strong relationships, and promote positive behaviour in children.**

**Topics Covered -**

* Strengthening children’s social skills and ability to manage difficult feelings
* Using Praise and Incentives to Encourage Cooperative Behaviours and Motivate children
* Household Rules, Learning Routines, & Effective Limit Setting
* Positive Discipline, Calm Down Strategies and Handling Misbehaviour

**You are very welcome.**

**Come along and join the group!**

More information/referral forms can be requested via email below.

Application: HUB service request forms or the referral form should be sent to:

**Christine Doherty - 07864800662**

**Email:** christine.doherty@barnardos.org.uk

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