

- The courses are free
- All course materials are free

If you are caring for a child between the ages of 5 -11 years of age and are interested in this course, do contact us for more information and details about when and where the next course is being held.

Alternatively speak to your child's key worker, school or a professional working with you and ask them to refer you to the course.

THE INCREDIBLE YEARS PARENTING PROGRAMME AT SUMMERHOUSE

Contact details :

Summerhouse Parenting Programme
Summerhouse Behaviour Support Service
Goodrich Road
London SE22 0EP

For further information please contact :

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THE INCREDIBLE YEARS PARENTING PROGRAMME AT SUMMERHOUSE

A course for parents and carers



The Incredible Years Parenting Programme

The programme at Summerhouse is a successful 10 week video based course for all parents/carers of 5-11 year old children.

The approach is positive and helps focus and build upon parents' existing strengths. It is designed to promote parent/carer self-confidence and offer practical support and ideas without criticism or blame.



The course is designed to give groups of parents the opportunity to share experiences, learn from each other and discover some new principles for parenting.

Techniques which are known to be effective are taught through practical suggestions building on existing skills and knowledge.

Each week the course covers a topic and uses video clips, role play and homework.

Participants are given reading material which aid learning and reinforce the sessions helping implementation at home.

Would you like to?

- Strengthen your parenting skills, become a more effective parent and help your child(ren) become mature and responsible
- Reduce tensions and arguments in your household
- Communicate better with members of your family
- Feel more confident and calm as a parent
- Be clearer and more consistent when disciplining children
- Help your child feel happier and more self confident
- Build good relationships between all members of the family
- Share ideas with other parents and learn from their experiences

Then this course is for you !

What parents told us :

"Meeting with other fathers empowered me to go forward and persevere with my son"

"I felt better meeting other carers who were struggling like me with their grandchildren"

"It was helpful learning about how other mums tackled their children's difficult behaviour"

"I learned that asking for help doesn't mean I am a 'bad' parent"

"What we learned was simple and practical, I used it every day and became calmer and less stressed!"

"I started to enjoy my son's company where as before I used to resent him for giving me such a hard time"

"The course saved our relationship"

"I have changed my behaviour and praise my children when they are good"