

CITY EAST FAMILY SERVICES

WOULD LIKE TO INVITE YOU TO OUR

MIDDLE YEARS (6-11yrs) PARENT PLUS CHILDREN'S PROGRAMME

COURSE IS FREE OF
CHARGE
PARENT BOOKLET €5



STARTING ON

WEDNESDAY 3rd OCTOBER 2018

FROM

10:00am to 12:30p

Every Wednesday for 8 weeks

(10am to 12:30pm)

Please Come along

Learn new tips & ideas on parenting

Support for each other

Certificate on completion

Tea & Coffee

The programme will be delivered by:

Breda Hicks & Aoife McMahon

City East Family Services (Contact Details Below)

Parents Plus Children's Programme



An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.

Targeting the needs of primary school children, the Parents Plus Children's Programme shows parents how to communicate positively with children, illustrating ways to encourage good social skills as well as well-researched methods to tackle behaviour problems.

The aim of the course is to help parents not only solve discipline and other childhood problems, but also for parents to develop closer and more satisfying relationships with their children.

Topics Include:

- Solving childhood problems
- Play and special time with children
- Building children's self-esteem and confidence
- Encouraging children's learning/supporting homework
- Setting rules and helping children keep them
- Establishing daily routines
- Managing misbehaviour using consequences and sanctions
- Problem solving/talking problems through with children
- Parents caring for themselves

Who should attend:

Where possible we recommend that both parents attend the course as we have found this helps the child the most. If you are a single parent, please feel free to bring along another supportive family member. We have found our taster morning to be a great starter point for parents and us as facilitators to get together to introduce ourselves and have a brief introductory session of the programme and to discuss goals for attending the programme.

Course details: **The course consists of eight two and half hour group sessions.**

Reply

If you are interested in attending the course you can:

- Contact either **Breda Hicks** or **Aoife McMahon** on the following numbers: **091 773664/091 778954/086 8193513**
- Send this form back to: **Breda Hicks** or **Aoife McMahon, City East Family Services, Ballybane Resource Centre, Ballybane, Galway.**

Many thanks.

Name: _____ **Names and ages of children:** _____

Contact Details: _____

Professional/ organisation that referred you to

group: _____

I would like to attend the Parents Plus Children's Programme – please select: YES/ NO

My goals for attending are:

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