

Webster Stratton Incredible Years Parenting Course in Rochdale

Is an early intervention course for parents of children aged 2-9 years and runs for 14 weeks for 2 hours each week from various locations in Rochdale.

By attending the course parents learn to feel more confident in coping with children's behaviour problems. Parents learn strategies that can help them reduce behaviour problems. They also gain support and an opportunity to look for solutions to behaviour issues through talking to and sharing difficulties with other parents.

The sorts of behaviour problems that Incredible Years can help parents to deal with include:

- Behaviour in public places
- Not Listening / doing as told
- Fights between siblings
- Disobedience and attitude
- Bedtime problems
- Stealing
- Lying
- Mealtime problems
- Hyperactivity, Impulsivity, short attention span
- Fear
- Tantrums

The programme follows the Parenting Pyramid concept, which covers:

- Play and the importance of play
- Praise and reward
- Effective Limit Setting (strategies to manage difficult behaviour, including, house rules and consequences, boundaries, commands, ignoring, time out)

By applying the Webster Stratton Principles from the course you can promote a child's reading skills, build a child's self-esteem and confidence, build a parent /carers self-esteem and confidence.

Help a child to problem solve and learn how to regulate their emotions. Help to reduce stress and tension within the home

To benefit from the course and allow them to practise the strategies that they learn each week, parents should have their children living with them.

If you feel that the course may benefit any parents or carers that you are working please contact Parenting Support on 0300 303 0430