

**Want to have less arguing and more fun at home?
Want to enjoy spending time with your family?**

The Incredible Years Programme

**A group for Parents of Children aged 5 – 8 years
in the Ringmer and surrounding villages Area.**

What parents in the last group said about the Incredible Years

**"I felt shy and embarrassed about going to a parent group but when I got there
I realised that everyone else felt the same. It was a lovely group I'm really
glad I went, it has made such a difference."**

**"The course was brilliantly run and felt safe and non judgemental and most of all
was great fun"**

"I thought I was already doing it all, but I learnt so much"

Starts week beginning April 19th.

Weekly meeting at a venue and time and day or evening to suit the majority.

Topics Include:

**Understanding and managing your child's behaviour
The use of praise and rewards to encourage positive behaviour
Enjoying and understanding the value of play with your child**

**To register interest please return the attached slip to:
Johanna Partridge, COPES, 212 High Street, Lewes BN7 2NH
or phone 07854 249014 or email Johanna.partridge@ruralsussex.org.uk**

**This is a course being run outside of school but the slip expressing an interest
can be left at your school's reception /office and the course discussed with your
headteacher if you wish.**

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I MAY BE INTERESTED IN ATTENDING THE "INCREDIBLE YEARS PROGRAMME"

**NAME:
ADDRESS:**

TEL. No./E.Mail Address:

**I need/do not need crèche facilities. Please delete.
Please indicate the age(s) of child/children requiring a crèche:
Preferred day, time and venue for your convenience:**

Signed:.....