**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 and emotional 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.

## Who should attend

The course is free to attend and open to all parents and carers whose children are in the cathement areas covered by **Carrigaline Family Support Centre and KYSS**. 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 will meet all parents for an individual introductory meeting prior to the group starting.

## Course details

The course consists of 8 two and half hour group sessions in the Carrigaline Family Support Centre**.** Starting on Tuesday mornings 26th April and finishing on 21st June.

**--------------------------------------------------------------------------------------------------------------------------------------Reply**If you are interested in attending the course please contact **Michelle 086-1806184, Carrigaline Family Support Centre or** **Natalie 087-2722629, KYSS** or else send back this form.

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Names and ages of children:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact Details**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Professional/ organisation who referred you to this group:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I would like to attend the Parents Plus Children’s Course – please select**: **YES/ NO**

**My goals for attending are:**

Please return this form to KYSS or Carrigaline Family Support Centre