



The Incredible Years

Parenting Group

Coffee Morning



Our evidence-based parenting sessions are for parents and carers with a child aged **4 –11 years** who displays **serious behavioural challenges**. Your child may behave in ways that make places and spaces unsafe to be in, or cause harm to themselves and others.



HELP IMPROVE...

- Your child's **self-esteem** and **wellbeing**
- **Relationships**
- **Resilience** and **stress**
- Your **confidence** as a parent

To find out more about the Programme, join us on
Tuesday 24th March
9-10am
Holbeach Primary
School
Nelgarde Rd, London SE6 4TP

Learn alongside other parents about:

- Child-led play and its importance
- Creating and enforcing boundaries
- Helping your child **calm down**
- Recognising the **positives**
- How incentives can help with **behaviour change**
- **Consequences** and how and when they are helpful

To enquire or book your place please contact us via
www.lewishamcfc.org.uk/contact-us/
www.lewishamcfc.org.uk