



## ***"The Most Impactful Thing I've Done as a Parent..."***

### **Coming This April - Join the Incredible Years Programme**

Holbeach Primary School are proud to announce that we have been chosen to be one of the **Lead Schools for Parent Engagement** in Lewisham, selected to take this forward-thinking, whole-school approach to supporting families.

We are thrilled to confirm that this means that our school will be launching the **Incredible Years Parenting Programme** on site this April.

This evidence-based programme is not just another parenting course – it is a transformational journey that empowers you with practical strategies, new perspectives, and meaningful connection with other parents. It is a chance to press pause, reflect, and grow – alongside a group of people who are navigating the same challenges as you.

Whether your child is just starting Reception or you are navigating the ups and downs of Key Stage 1 or 2, the skills and insight you will gain through this programme will help you feel more confident, more connected, and more equipped to support your child's emotional and behavioural development.

#### **Why parents love it:**

- **It's recommended by NICE (National Institute for Health and Care Excellence) for a reason – it works.**
- **It's rooted in social learning theory – a gentle and effective way of understanding behaviour and building strong relationships.**
- **It's warm, inclusive, and non-judgemental – you don't need to have the "right" answers, just a willingness to explore and grow.**
- **Oh, and did we mention? There are always great refreshments on offer each week – because we believe a relaxed parent learns best!**

***"I didn't realise how much I needed this until I started. The support, the strategies, the space to talk... it's changed how I parent and how my child responds to me."* – Past participant**

## **Places Are Extremely Limited – Don't Miss Out!!**

We are anticipating high demand, and because the groups are intentionally designed to allow for genuine connection and discussion, spaces are limited and available strictly on a first-come, first-served basis. Once they are gone – they are gone!!

If you are reading this article please do go tell a friend, to tell a friend...

We anticipate a huge response from our new Reception parents, and felt it is only right that we now open registration to parents across all year groups.

If you've ever wished for:

- A calmer home environment
- Clear, consistent routines
- Less shouting and more connection
- Support from people who truly understand
- Simple tools to help your child thrive...

... then this is for you.

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 Starts April |  Weekly 2-hour sessions |  Held in the Holbeach School House |  Free of charge |  Great refreshments provided

To secure your place or learn more, please **speak to Annette Howes** - [a.howes@holbeach.lewisham.sch.uk](mailto:a.howes@holbeach.lewisham.sch.uk)

 Be part of something special.  
Let's build a stronger parenting community -  
together. 