

Parents' comments:

"Everybody...needs a bit of support somewhere along the line and if they're even thinking about it for that split second then just go for it, it works!"

"This just helps you boost that Mum or Dad confidence"

For more information email:
fife-uhb.poppfife@nhs.net



Early Years in Fife

Incredible Years & Triple P
Parenting Courses



Early Years in Fife

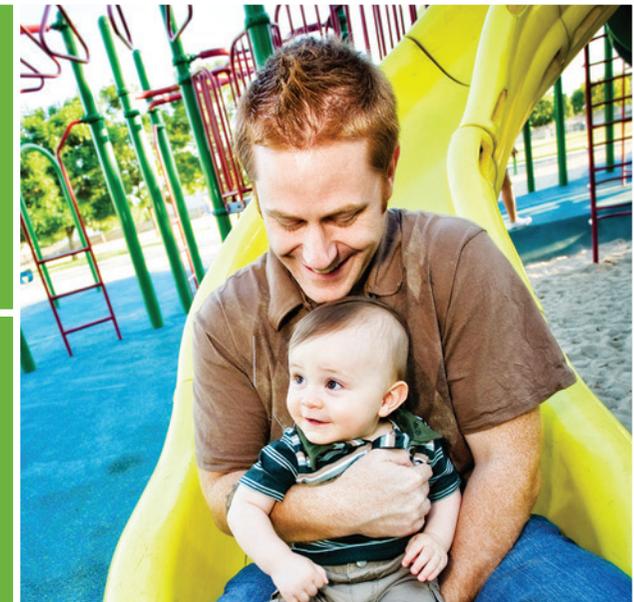


Working together to give children the best start

Helping to build
parent and child
relationships



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What do the groups offer?

Parenting is the most important job to do and it can be hard at times.

Parents say that these courses help them to practice new ways to manage their children's behaviour, and to build a positive relationship with their children.



Parents' comments:

"I would recommend it to anybody. If I could do it again, I'd do it again"

"My middle child, she smiles from the inside out now"

"For the first time I actually enjoy being a Mum"

How can I get a place?

1. Is your child 3 or 4 years of age?
2. Does your child live with you or do you have weekly contact with your child?
3. Does your child show difficult behaviours?
4. Can you attend weekly sessions?

Speak to your Health Visitor, Social Worker or Nursery Staff about a referral.

They will ask you to complete a questionnaire about your child's behaviour and a referral form. They can help you with this.

For more information visit: www.moodcafe.co.uk (click on parents)

Where do groups take place?

Incredible Years and Triple P groups take place in nurseries and community venues across Fife. We will help you find your nearest group. We prioritise spaces based on referral questionnaires.

Why should I think about coming to a group?

Parents' stress levels and children's behaviour problems reduce when parents participate in these courses.

Topics covered:

Play

Praise / Rewards

Limit Setting

Positive Discipline