

## What do we do on the course?

- \* Group discussions
- \* Have a friendly chat
- \* Share ideas from the group
- \* Watch video clips from the programme
- \* Have useful hand outs
- \* Lots of support
- \* Have fun!
- \* Do homework ! Try small challenges
- \* Have a cuppa



## Who runs the Course?

Mrs Kaur - Learning Mentor &  
Mrs Barrett - The Family Support  
Worker.

Both qualified Webster Stratton  
Practitioners.

**Looking to make a difference  
by working together!**



## Who can come?

It's for all parent & carers,  
Mums, Dads, Step Parents,  
Grandparents, Foster Parents,  
carers of children in our

# Help! I'm a parent. Get me out of here!!!



Based on

# The Webster Stratton Programme The Incredible Years

## What is the Webster Stratton course about ?

The Webster Stratton course has been designed to help and support parents, to enable them to effectively put in place boundaries and routines. It also has been proved to work well for parents who wish to implement changes in behaviour. By completing the course, it should develop more positive relationships between parents and children for all ages....



Being a parent is a priceless experience but it doesn't come with any manual to help us along the journey of parenthood.

Although we enjoy time with our children, having fun, and watching them grow, from babies to grown ups we often find it a tiring, frustrating, demanding and thankless task! Most of the time, being a parent is the most wonderful, enjoyable and rewarding gifts during our lifetime!



**On completion of the course you will receive a certificate**

## Some comments from parents who attended the last course

The Webster Stratton has given me an insight into techniques to help with my children.

The course has given me more confidence and control. It was very informative and useful, it made me realise I wasn't doing so badly after all. Since using the techniques I've stopped

The group talks about real life issues in a very fun and relaxed