 **Hill Street Family Resource Centre**

Hill Street Playground, Hill Street, Dublin 1 **Tel/Fax:** 01-874 6810

**Email:** **childdevelopment@hillstreetfrc.ie**

**Incredible years parenting programme for parents who wish to raise happy confident children*.***

**None of us are born knowing how to parent, but we can all learn**

Incredible Years Programme was designed to help children develop social and emotional skills. It works with parents to deliver these skills to their children; it also benefits parents of children who have challenging behaviour.

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| Over the course of the 14 weeks you will learn how to:  |
| * Build your child’s self-esteem
* Build a positive relationship between you and your child.
* Avoid the criticism trap
* Encourage your child
* Know the difference between bribes & rewards
 | * Support your child socially, emotionally & academically
* Teach your child about family responsibilities
* Give more effective direction
* Be consistent and follow through
* Use Time-Out correctly
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**Starting Tuesday 19th January 9.30am-11.45am (14 weeks)**

**Childcare places are available on request**

**To register please contact: Connie or Bernie on 01-8746810**

**Course contribution per session is €2, or €5 with childcare**