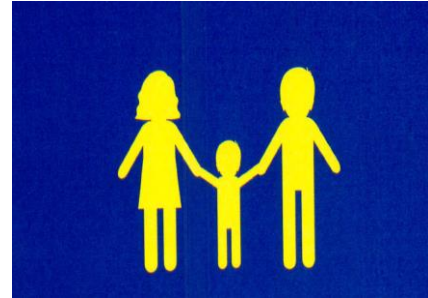


Worcestershire Parenting Service

Worcestershire Parenting Service offer a wide variety of courses to help parents/carers with understanding and supporting their child. The courses that they provide are:



- **Birth and Beyond** – getting to know your unborn baby, practical advice for when baby arrives and how to look after your health and wellbeing.
- **PEEP** – Learning together programme. Helps parents build on their home environment and supports babies and children to get ready for school. (0-5years)
- **Triple P –Discussion Groups**. Dealing with disobedience, fighting and aggression, hassle-free outings and bedtime routines. (0-5 years)
 - **Understanding Your Child** Group for Parents – development needs, having fun, communication, sleep, behaviour difficulties. (0-19 years)
 - **The Incredible Years** – Parenting Course – strengthen parenting, competencies and fostering, parent involvement in children’s school experiences, social and emotional skills and reduce conduct problems.
- **Family Links** – Nurturing Programme – understanding behaviour and exploring different approaches to discipline (0-19 years).
- **Triple P (2-10 years)** – raise happy, confident kids, manage misbehaviour, set rules and routines, encourage positive behaviour, take care of yourself as a parent
- **Talking Teens (10-19years)** – helps develop a closer relationship with your teenager and improve communication.
 - **Teen Triple P** – helping your teenager to stay safe and build a better relationship.
- **Understanding your child’s special needs** – behaviour difficulties, developmental and play needs, parenting styles, explore feelings, attachment, brain development, relationships.

If you are interested in any of the courses mentioned and would like further information. Please ring
Holly Tree Children’s Centre: 01527 61360

Or

Pear Tree Children’s Centre 01527 835775