

Who can this course help?

If your child displays:

- Attention/Hyperactivity problems
- Behaviour or emotional problems
- Problem solving difficulties
- Academic/Learning problems

If you as a parent have:

- Personal and interpersonal problems
- Lack of support
- Ineffective parenting skills
- High levels of stress

If any of the above points relate to you or your situation the Webster Stratton course could help you!

Quotes from previous attendees:

- "Excellent instructors"
- "There's a light at the end of the tunnel."
- "Thank you, Thank you, Thank you!"
- "What a change..., it has also helped with other siblings"
- "I learned to deal with my son's behaviour and my own"

Get in touch:

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If you are unhappy with our service, please talk to a member of staff or call Action for Children's customer service and complaints manager on 0800 328 7822. You may also be able to contact an independent body that oversees our service. Please ask a member of staff.

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The Webster Stratton Parenting Course

Do you have concerns about the behaviour of your child?
If your child is aged between 2 & 8 years and has a specific need, you can apply today!



HOW

ACTION FOR CHILDREN

WORKS





What does the course need from you?

- Attending ALL 10 weekly group sessions
- Home tasks carried out
- Completion of evaluation forms to help

We always show how Action for Children works

By creating stable new homes through fostering or adoption.

By running family centres across the UK.

By keeping struggling families together.

By supporting young carers.

By helping disabled children with the challenges they face.

By helping teenagers get into education and jobs.

By refusing to accept that 1.5 million neglected children in the UK is OK.

By doing what's right, doing what's needed, and doing what works for children.

What does this course involve?

- Parents having a pre-course meeting with one of the course facilitators
- Each group session lasts 2 hours
- Groups are run by 2 qualified and experienced Webster Stratton Facilitators

Aims of the Programme:

- To promote positive parent/child relationships
- To give parents better understanding of their children's needs during these years
- To introduce and practice positive parenting skills, enabling parents to deal with challenges their children bring e.g. behaviour issues, boundaries, discipline, routines, emotional needs, shyness, friendship issues, learning difficulties etc.

The 10 week programme covers the following:

1. How to play with your child (promoting your child's self-esteem and encouraging cooperation)
2. Helping your child learn through play
3. Play - continued
4. Effective ways to praise and encourage your child
5. Praise and reward programme
6. Effective limit setting
7. Effective limit setting - continued
8. Decrease your child's inappropriate behaviour
9. Time out
10. Time out - continued