

Deansrath Family Centre are pleased to announce that we will facilitate an **Parents Plus Early Years Programme** *An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged 1 to 6 years.*

Course details : *The course consists of 8 evening group sessions by Zoom on a Thursday Evening (assistance will be available for getting started on Zoom if required)*

Starting with an Individual Introductory Session on Thursday the **18th November at 7.30pm** and finishing on Thursday **13th January 2022**

The Parents Plus Early Years Programme is suitable for parents of children within the normal range of development as well as children with special needs such as, ADHD, speech and language and other developmental difficulties

Topics Include:

- being a responsive parent
- child-centred play and communication
- supporting children's self-esteem and confidence
- promoting children's language and development
- helping children concentrate and learn
- building cooperation in young children
- establishing daily routines
- managing tantrums, misbehaviour and specific problems



Who should attend

The course is free to attend and open to all parents and carers of children in the Clondalkin/ Lucan area . Where possible we recommend that both parents attend the course as we have found this helps the child the most. If you are a single parent, please feel free to bring along another supportive family member. We will meet all parents for an individual introductory meeting prior to the group starting

For further Information please contact Mary or Carol at 01-457 4069 or by email at Mary@deansrathfamily.ie or Carol@deansrathfamily.ie

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Early Years Programme