

## What happens next?

- Now that you have completed the course it is important that you continue to use and practice the strategies learnt from the course.
- It can take up to 6 weeks to fully embed the learning from the course and see a noticeable improvement, however some changes in your child's behaviour will be seen instantly.
- If you feel that there are any ongoing concerns and/or difficulties after the 6 week embedding period you should speak to your lead professional so that they can support you to access the most appropriate service, for example CAHMS or referral back to the MASG panel.
- Please be aware this course is in very high demand and if you fail to attend week 1 of your agreed booked course the space will be given to the next person waiting.



## What our parents and carers said

- 'I no longer feel I'm on my own, I've met people who have the same challenges'
- 'I will miss coming to the group because of the way we have all been able to help each other'
- 'I thought this course would be patronising—but its not I've learnt so much'
- 'I had heard good things about the course and I wasn't disappointed, thank you'
- 'I thought my child had ADHD or something but I realised it was the way things were at home'
- 'I finally feel listened to'



## THE INCREDIBLE YEARS

## WEBSTER STRATTON



PETERBOROUGH



## You have been invited to attend The Incredible Years Webster Stratton!

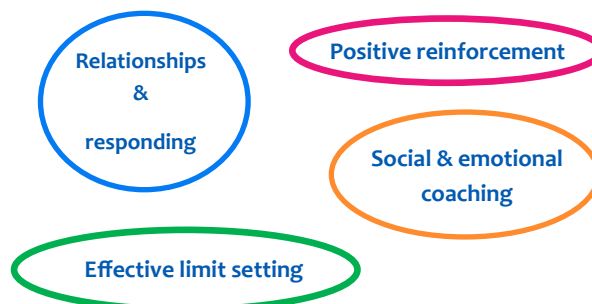
- Bringing up a child can be one of the most difficult and demanding jobs in the world and children don't come with a book of instructions.
- The Incredible Years Webster Stratton course is supported by paediatricians and can have a positive impact on all children including those with neurodevelopmental disorders such as ADHD and Autism.
- The programme is 10 weeks of 2 hourly sessions delivered in the Peterborough locality. We offer day courses and evening courses to suit your individual needs
- You are required to make your own child care arrangements for the course as we are unable to accommodate children in the building. If you have children under 5 years old and this is a barrier to attending please speak to of the parenting practitioners.
- We will give you a tool kit of evidence based strategies, to support YOU to make the change—we ask that you come with a positive 'can-do attitude to learning'.



## What can I expect?



- Delivery from trained expert facilitators who offer a friendly and supportive approach to learning.
- Access to a toolkit of tried and tested strategies and techniques.
- Topics include:



- The opportunity to share and learn from others parents in similar situations.
- Information to take away to share with other family members to increase the consistency of the techniques implemented.
- Comfort breaks and refreshments to meet your needs and all equipment will be provided.
- Recognition you are the 'Expert' on your child and we will work from the information you give us.
- Your lead professional will be responsible for any further referrals or assessments required following the programme.



## Why should I attend?

To help me manage my child's behaviour.

To increase and build positive relationships in my family unit.

To support any ongoing or future assessments.

To increase your knowledge and understanding of 'age related' behaviour.

To see things through the eyes of my child, to understand them to enable positive change.

To increase my confidence, offering a consistent and fair approach.