

# The Incredible Years Parent Programme

## *What you'll get from Incredible Years Parents Training:*

- Help your child improve behaviour
- Build a stronger relationship
- Help your child make friends and feel happier
- Learn how to use praise and reward to improve behaviour
- Agree new ways of solving problems
- Meet other parents who are making changes just like you
- Have fun, get support, achieve something important for you

... If you'd like a change from the routine and a bit of fun at the same time...

...If you have a child aged 3 to 12 years...

... If you'd like a chance to meet other parents and learn together how to manage and overcome difficult behaviour...

... Why not try a programme that has been proven to work?

Due to demand Sligo Education Centre in conjunction with Sligo Leader and County Childcare Committee will run a 12 week Incredible Years Parent Programme Commencing **Thursday 13<sup>th</sup> November** (excluding Christmas school holidays) from **7.00p.m – 10.00p.m** in Sligo Education Centre, I.T Campus, Ballinode, To book please contact Sligo Education Centre Tel 071 9138700 or [info@ecsligo.ie](mailto:info@ecsligo.ie) before **Friday 7<sup>th</sup> November**.

**This workshop will only run subject to numbers and is FREE**



Sligo Education Centre





## Incredible Years Parent Programme

### Application form

Evening course in Sligo Education Centre commencing Thursday 13<sup>th</sup> November  
for 12 Thursdays (excluding School Break)

Time: 7.00p.m – 10.00p.m

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Email: \_\_\_\_\_

Age of children: \_\_\_\_\_

Where did you hear about the programme \_\_\_\_\_

Have you undertaken any other parent courses or programmes if yes what was the name of the programme \_\_\_\_\_

Name of school your children attend: \_\_\_\_\_

**PLEASE RETURN COMPLETED APPLICATION TO:**

**SLIGO EDUCATION CENTRE, I.T. CAMPUS, BALLINODE, SLIGO before Friday 7<sup>th</sup> November**

**TEL: 071 9138700, fax: 071 9138767, Email: [info@ecsligo.ie](mailto:info@ecsligo.ie), web: [www.ecsligo.ie](http://www.ecsligo.ie)**



Sligo Education Centre

Sligo County Childcare Committee  
Coiste Cúram Leanaí Chontae Sligeach



Feilhméannacht na Seirbhíse Sláinte  
Health Service Executive

