



© The
**Incredible
Years**[®]



Are you a parent/carer?

Does this sound like your child?

Temper Tantrums

Does not listen or do what is asked

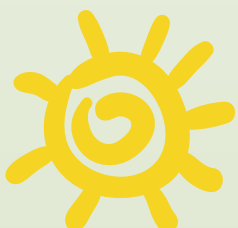
Over active – cannot sit still for long

Nervous/clingy in new situations



Incredible Years Parenting programme is a 12-week course which offers helpful tips on how to deal with children's difficult and challenging behaviour whilst increasing their confidence and self-esteem.

For more information, please contact Central Link Children's Centre:
01744 673445 or Parr Children's Centre: 01744 671788.



Limited creche places are available



ST HELENS
BOROUGH COUNCIL