

Do you have a child aged between 3 and 10 years?

Come to this **free 12 week Incredible Years Course** to meet with other parents and enhance your parenting skills. The course includes:

- Incorporating play to build your relationship
- Using praise and rewards to encourage positive behaviour
- Setting clear boundaries
- Increase the joy of parenting

Starts:

Wednesday 11 January 2012

For 12 weeks (term time only)

1.00pm - 3.00pm

at

**See Saw Children's Centre,
Lancaster Way, Braintree**

Pop in for an informal chat about the course on the following dates and times or call **01621 727354** to book a place.

Wednesday 23 November 12:30 - 14:30

Monday 5 December 9:30 - 11.30



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