

# 3 – 4 year olds' behaviour



Does your child hit and shout a lot?

Does she argue with you all the time?

Is he aggressive?

Is it hard for your child to make friends?

Positive parenting programmes can offer help to parents and carers.

## **Triple P**

8 week programme



## **The Incredible Years**

14 week programme



You will meet once a week as a group for two hour sessions.

There is also 1:1 phone support.

Specially trained group leaders will work with you on goals for you and your family.



You will watch DVD clips



You will discuss children's behaviour

You will work out new ways to manage situations at home



You will talk to other adults in the same situation as you

You will learn ways to stay calm



By the end of the first session, I can remember thinking "I need this". I wasn't getting judged.

Mum

Dad

I am a lot calmer now ... I don't shout now.

It gave me something to look forward to. It became part of my routine.

Step-parent

Gran

It was relaxed. You can have a cuppa, it is very friendly.

Breaking the isolation – other families struggle too!

Kinship carer

There is free crèche



Tea and coffee is served

Help is available with some travel costs



To take part please contact Helena Reid  
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Or, ask your health visitor, nursery or school to apply for you.



**The next course is**

Day

Time

Venue