

Parents Plus Early Years Programme 0-6 yrs



Sláintecare.
**Healthy
Communities**



Parents Plus programmes are positive, proven parenting programmes, effective for children of all ages. Each programme gives practical tips to help parents with the ups and downs of rearing children.

Topics covered include:

- Building your child's confidence, learning and positive behaviour
- Improving your family's health and wellbeing
- Reducing your own stress as a parent
- Problem solving with your child and becoming closer

Each programme is run with a small group of parents by a trained facilitator.



"I think the Parents Plus course was fantastic. Each day coming out of the course, I felt more confident. Everything you taught us was easy to follow and really works. Thank you."

Louise, parent

Further details

Parents Plus Early years 0-6 Programme: Beginning Thursday 29th September.
Time 10am- 12.30pm weekly.
FREE 6 week in person course.

Location: HSE Athy Primary Care Centre, Dublin Road, Athy. If you are interested, please call Selena **059 8632899/0873602590** or mail: **selena@athycfrc.ie**



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