The Incredible Years

Ysgol yr Hendre Caernarfon

Cylch Meithrin Seiont a Pheblig

We would like to invite you to attend an Incredible Years programme which will be run in Noddfa Community Centre after Easter. It will run every Wednesday morning for 12 weeks from 9:10 to 11:10am starting on April 13th.
We are offering a place on the programme to parents of children in the cylch meithrin in Noddfa, the Ysgol Feithrin in Ysgol yr Hendre and the reception classes in Hendre. Mothers, fathers and carers welcome.

This programme complements the Dino School programme which is presently being run in Ysgol Hendre for children in the reception class. Dino school helps children to improve their social skills, to value friendship, help others and to improve behaviour. It will also help them to do better at school. The parent programme will give you ideas and increase your skills as parents to support and help your child to achieve this. Your child doesn't have to be in Dino school for you to attend the parent programme.

The course will be run by Eilir Jones, health visitor in Caernarfon who has run the programme 6 times before and another co-leader.

These are some of the comments parents have made previously about the programme.

*This course has made a huge difference in the behaviour of my children. I have a closer relationship with them now. I feel confident about the future and my parenting skills.*

*The past 12 weeks have been enjoyable and helpful to my family and me. .....It was also a big help knowing that other parents had similar problems to mine and there are effective ways of solving them with the help of The Incredible Years Course.*

*This course has made a huge difference for my child and me. Things are easier at home, we get on better and have a strong bond. It's made me look at things in a different light.*

If you are interested in attending the programme please could you fill in the slip below and hand it in to your child's teacher or play group leader before Tuesday, March 22nd.

Name

Address

Telephone number

Child's name Date of Birth