


**DERBYSHIRE COUNTY COUNCIL**



# Positive Parents

**Free parenting classes  
to help families live  
happily together**

 **DERBYSHIRE**  
County Council  
Improving life for local people



# Positive Parents

Being a parent or carer can be hard work at times. Most families face challenging behaviour from their children at some point and knowing where to turn to for help and support can be difficult.

Derbyshire County Council is offering free parenting classes to help families develop their parenting skills and pick up useful tips.

These classes will be run throughout Derbyshire and are part of a Government pilot using the 'Incredible Years' programme.

## Who are these classes for?

Parents/carers of children aged between two and 13 years who want help with everyday parenting

skills or families that have children with challenging behaviour.

Courses are aimed at parents/carers of children in two age ranges:

- Two to eight years (a 12-week course)
- Eight to 13 years (a 17-week course)



## What will the classes include?

Classes will look at issues like play, praise and rewards, limit setting and handling general misbehaviour.

Common problems covered in skills and advice sessions will include dealing with:

- Temper tantrums
- Fighting
- Swearing

Courses for parents or carers of children aged eight to 13 years will also look at how parents/carers can support their child's education and deal with specific behaviour problems.

Parents/carers attending sessions will have the chance to give feedback about how they have put into practice what they have learned and how successful it has been.

Two group leaders will run each class for up to 12 parents. The leaders come from local services including Derbyshire County Council, NHS, and Barnardos who have received specialist 'Incredible Years' training.





## What about childcare?

Free crèche facilities will usually be provided for young children. These will be run by experienced staff who will provide structured play activities for your children. Help with transport costs can also be provided in some cases.

## When and where will courses be held?

Course for parents/carers of children aged between two and eight years will run for 12 weeks with one session every week. Classes for parents/carers of youngsters aged eight to 13 years will run for 17 weeks with one session each week. Each session lasts for about two hours. These will be held in venues throughout the county in the morning, afternoon or evening so there will be a variety of options available to you.

**Places will be reserved on a first-come, first-served basis.**

**To book a place on a course or find out more  
Call Derbyshire on 08 456 058 058 or email  
[alison.james@derbyshire.gov.uk](mailto:alison.james@derbyshire.gov.uk)**



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