



Pre-School Program:

For parents & carer's with a child 3-8 years

This programme is for parents who want to strengthen their relationship with their child by using positive parenting.

WHAT IS THIS THE INCREDIBLE YEARS PROGRAMME?

- Provides opportunity to meet other parents/carer's whilst learning positive parenting strategies to increase their child's self-esteem and nurture positive behaviours with their child.
- Parents/carer's receive a weekly call by the facilitator to support ideas into practice at home.
- Delivery includes group discussions and activities, use of video clips and tasks to try at home.
- The groups are friendly and welcoming with refreshments provided

LENGTH OF PROGRAMME:

- **12-14 weeks. Each session is approximately 2 hours.** (Refreshments are provided)
- **Crèche can be provided, if required**

WHO SHOULD ATTEND?

- This programme is for parents / carers with children aged from 3-6 years (we can accept up to 8 years if this appropriate) who are looking to build further positive parenting strategies.
- **The group is appropriate for children who have attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), conduct disorder (CD), or difficulties with peer relationships.**
- If the child has Autism there are more appropriate supports available in the first instance. Please contact the Autism Resource Coordination Hub (ARCH) on 01698 827313

HOW DO I GET ONTO THIS GROUP?

- Parents can self refer by contacting the relevant Family Support Hub (details below)
- Parents can be referred to this programme by staff with parental consent
- Parenting Support Workers in each Family Support Hub will meet the parents prior to group commencing to support the parent engage and complete any pre-group assessments

REFERRALS FROM PARTNER AGENCIES REQUIRE A REQUEST FOR ASSISTANCE TO SOCIAL WORK LOCAL OFFICE (DETAILS BELOW)

Hamilton Family Support Hub

2 Donaldson St, Hamilton ML3 0NS
Ph: 01698 458832

Please send RFA to:

swlohamilton@southlanarkshire.gov.uk

Cambuslang Family Support Hub:

5 Johnson Dr, Cambuslang G72 8JR
Ph: 0141 646 1008

Please send RFA to:

swlorutherglen2@southlanarkshire.gov.uk

Lanark Family Support Hub

40 North Vennel, Lanark ML11 7PT
Ph: 01555 673209

Please send RFA to:

swloclydesdale@southlanarkshire.gov.uk

East Kilbride Family Support Hub

Scholar's Gate, East Kilbride, G75 9JL
Ph: 01355 228093

Please send RFA TO:

swloeastkilbride@southlanarkshire.gov.uk