

# Behaviour & Pro-Social Skills

## Incredible Years Program

The *Incredible Years: Pro Social Skills Program* is a research based program designed to reduce childhood aggression and behavioural difficulty while increasing social skills at home and school. This program provides instruction, information and interaction for both the parent and the child in the following areas:

- Social skills
- Understanding of feelings
- Conflict management skills
- Academic engagement, school readiness, and cooperation with teachers



Afraid



Sad



Excited



Happy

10 sessions:

**Dates and Times:**

### Block One

Wednesdays, Oct 6 to Dec 8, 2010

**Afternoon Group:** 12:30 to 2:30 pm

**Evening Group:** 5:30 to 7:30 pm

### Block Two

Mondays, Jan 10 to Mar 21, 2011

**Afternoon Group:** 12:30 to 2:30 pm

**Evening Group:** 5:30 to 7:30 pm

### Block Three

Mondays, Apr 4 to Jun 20, 2011

**Afternoon Group:** 12:30 to 2:30 pm

**Evening Group:** 5:30 to 7:30 pm

**Location:** St. Bede

10537 - 44 Street

To register, please call: Early Learning

780-638-6810

*"My child loves Wally School. He sits better, waits better, puts his hand up. Awesome!"* - Kindergarten Parent

*"He enjoyed the sessions and we have seen a wonderful change in his behaviour."* - Kindergarten Parent

*"Just wanted you to know that the information we have received from the program is SO helpful for us to provide continuity in the classroom for our wee little one who goes to the I.Y. program with his mom. Comments from the mom have been tremendously positive"* - Edmonton Catholic Kindergarten Teacher

# Behaviour & Pro-Social Skills

## Behaviour

### *Parenting the Spirited Child*

The purpose of this session is to develop an understanding of our children's temperament style, potential reasons for demonstrating a given behaviour and choosing the most appropriate strategies we can to support our children. Join us as we explore personality, socialization and positive strategies for parenting the spirited child.

*Childcare and a meal will be provided!*



#### **Locations:**

#### **Dates and Times:**

#### **Grandin**

9844 - 110 Street

Nov 18, 2010

5:30 to 7:30 pm

#### **St. Edmund**

11712 - 130 Avenue

Jan 13, 2011

5:30 to 7:30 pm

#### **Monsignor**

**Fee Otterson**

1834 Rutherford Road

Feb 10, 2011

5:30 to 7:30 pm

#### **St. Benedict**

18015 - 93 Avenue

Apr 19, 2011

5:30 to 7:30 pm

*To register, please call:*

*Early Learning*

**780-638-6810**

# Behaviour & Pro-Social Skills

## Positive Discipline

Have you ever wondered what you can do to get your child to listen and do what you want while making them feel happy, safe and secure?

What should you expect from your child at different ages?

Come and join us for four evenings as we explore how we can teach our children communication, to identify feelings, solve problems and comply with your rules.

These workshops start with a meal and co-operative games for parents and their child. This will be followed by an interactive presentation for parents led by two Early Learning Family School Liaison Workers.

*To register, please call:*

*Early Learning*

**780-638-6810**

*Childcare and a meal will be provided!*



### Session 1:

**Location:**

**St. Angela**  
13430 - 132 A Street

**Dates and Times:**

Nov 2, 9, 16, 23, 2010  
6:00 to 8:00 pm

### Session 2:

**Location:**

**Monsignor Fee  
Otterson**  
1834 Rutherford Road

**Dates and Times:**

Apr 6, 13, 20, 27, 2011  
6:00 to 8:00 pm

# Behaviour & Pro-Social Skills

## Sensory and Behaviour Issues

Does your child run and hide when they hear a door bell, or scream if you ask them to put on their snowpants? These two workshops are for parents of youngsters who are particularly sensitive to food, touch, smell, noises and textures. These children are often hard to parent because adults don't know if they really have a sensory aversion to something or they are just being defiant. Early Learning Occupational Therapists and a Glenrose Child Psychologist will help parents sort out how to handle these "sensory kids" and find some appropriate behavioural strategies.

### Parent Feedback:

*"New strategies suggested, common issues mentioned among parents (feeling not alone), open format, and a lot of time for questions."*

*The evening starts with a meal. Childcare is provided during the presentation!*



### Two Sessions:

**Date:** March 16 and 23, 2011

**Time:** 5:30 to 7:30 pm

**Location:** **St. Alphonsus**  
11624 - 81 Street

To register, please call:

Early Learning

780-638-6810

# Behaviour & Pro-Social Skills

## Parent Group/Workshops

We have invited early childhood experts to answer parent's questions and concerns, as well as provide informative workshops. The evenings are informal and interactive, starting with a meal.



*Child care and a meal are included!*

### Parent Feedback:

*"The group involvement, personal stories and questions really helped."*

*"The childcare was awesome and enabled both parents to enjoy the talk and be on the same page."*

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### Stress and Anxiety in Young Children

with Dr. Robin Adkins

Registered Psychologist, Glenrose Hospital

#### Location:

**St. Bede**  
10537 - 44 Street

**St. Teresa**  
11350 - 25 Avenue

**St. Timothy**  
14330 - 117 Street

#### Date and Time:

Oct 14, 2010  
5:30 to 7:30 pm

Oct 25, 2010  
5:30 to 7:30 pm

Oct 28, 2010  
5:30 to 7:30 pm

### Sleep and Bedtime Challenges

with Shawn Reynolds

Registered Psychologist, Glenrose Hospital

#### Location:

**Mother Teresa (library)**  
9008 - 105 A Avenue

#### Date and Time:

Feb 2, 2011  
5:30 to 7:30 pm

### Potty Training/Bed Wetting

with Margot Byer

Occupational Therapist

#### Location:

**Mother Teresa (library)**  
9008 - 105 A Avenue

#### Date and Time:

Feb 9, 2011  
5:30 to 7:30 pm