



Dorset Parenting Support Service

We offer parenting support and advice to help parents manage behaviours they find challenging

We work closely with a range of professionals including GPs, Paediatricians, CAMHS, Social Care, Early Help and schools.

Our Parenting Practitioners understand that you know your child best, we will work with you to identify and build on your strengths as a parent.



What we deliver for parents living in BCP and Dorset

Incredible Years Parenting Programmes

Incredible Years enables parents to gain effective tools in managing their child's behaviour.

- **Pre-school for parents of children aged 3-6 years**
- **School Age for parents of children aged 6-11 years**
- **ADHD for parents of children aged 6 to 11 with a diagnosis of ADHD**

Two and a half hour weekly sessions between 12-15 weeks (depending on type of programme) in venues across BCP, Dorset and some virtual delivery

"Behaviours That Challenge Us" Information Session

Join our one-off information session to find out more about how you can support and understand your child's challenges and difficulties.

- For Parent/Carer(s) of children aged between 5 and 11 years
- One off session delivered virtually or face to face
- Session is delivered by Clinical Psychologist

To find out more please visit our website actionforchildren.org.uk/dorset