



## The Incredible Years® Basic Parenting Group Leaders Training

25, 26, 29 - 31 Aug, 1, 2 Sep 2022  
9 am - 12.15 pm

Zoom • online

- ✓ Get certified in The Incredible Years®
- ✓ Coach parents to manage children's behaviours
- ✓ Promote children's social-emotional regulation

This 7-day workshop will cover in depth the group-based Preschool and School Age Basic Parenting Programme, which is designed to promote positive parenting strategies and assist parents in managing children's behaviour problems, building school readiness skills and partnering with teachers and day care professionals so they can promote children's emotion regulation and social skills.

Limited to 15 participants — Register early! Reach out to:

Sarah +65 8932 4808 | [training@morningstar.org.sg](mailto:training@morningstar.org.sg)

## **TOPICS COVERED**

- Helping toddlers feel loved and secure
- Strengthening children's social, emotion regulation and school readiness skills
- Encouraging cooperative behaviour
- Effective limit setting, rules & routines
- Handling misbehaviour
- Promoting positive behaviours
- Reducing inappropriate behaviours
- How to support child's education

## **GOALS OF THE TRAINING**

The workshop trains professionals to coach parents in:

- Promoting children's social & emotional development
- Child-directed play skills to promote positive relationships
- Promoting toddler's language with descriptive commenting
- Establishing rules and predictable routines
- Handling separations and reunions
- Academic & persistence coaching to promote school readiness
- Positive attention, praise & incentives to promote cooperative behaviour
- Setting developmentally appropriate limits
- Positive discipline and using distractions, redirections & ignoring to effectively handle misbehaviour
- Teaching children time out
- Helping children learn to calm down & self-regulate
- Teaching children beginning problem solving steps through stories & games

## **COURSE FEES**

\$1,238 per participant

This is a **'Pre-Approved Course'** for VCF application, pending confirmation by mid-2022.

Contact Sarah at **+65 8932 4808** or email **training@morningstar.org.sg** with subject title "IY Training"

Registration will only be confirmed upon receipt of completed registration form and full payment.

## **CLOSING DATE**

21 July 2022

## **ABOUT THE TRAINER**

**Cathy Morrissey**, BSW, M.Ed. has been involved with The Incredible Years Program in various capacities since the mid 1990's beginning with the Partners Project, a collaborative research project between the University of Washington Parenting clinic and Puget Sound Educational Service District in Seattle. With the inception of the Partners Project Cathy co-led parenting groups for families enrolled in a local Head Start program, including immigrant and refugee populations. Since that time she has also led parenting groups in Colorado, is a certified Mentor in the BASIC parenting program, training over 1000 group leaders in Colorado and other communities. She has also been trained to provide the Teacher Classroom Management (TCM) program, training teachers in Colorado and two other states. Additionally, Cathy's experience has encompassed work with the child welfare population, program development and services for infants prenatally exposed to drugs and alcohol, prevention work with Head Start and other high risk populations with an overarching emphasis on organization and community engagement and collaboration.