

If you are interested in attending the 1-2-3 MAGIC workshop and for further information please don't hesitate to get in touch. Please call or alternatively you can send a text message to:

Ruth Carter:
Mob: 07827 231 112

Sophie Ridgway
Mob: 07760 990 535

Debra Lievesley
Mob: 07760 551 325

Available Mon-Fri 9am til 5pm

Office: 0115 883 4760

Please send all completed information slips to:

Behavioural Emotional Health Team
New Brook House
385 Alfreton Road
Nottingham
NG7 5LR

1-2-3 Magic
Effective Discipline for Children 2 -12

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Parenting Workshop

This parenting programme was developed by Thomas Phelan, a Clinical Psychologist and a parent of child with ADHD.

1-2-3 Magic is a group format behaviour programme for parents of children aged approximately 2 to 12 years of age. The programme can be used by all children, including those with special needs.



If you are unable to call or text to confirm your attendance, then please provide the following information and send to the address on the back page.

Name of parents/carers:.....

Telephone number(s):.....

Child's name: D.O.B:

.....

.....

.....

Preferred venue:

.....

Would you like a text message to remind you of the first session? Please circle:

Yes / No

If 'yes' please provide a valid mobile telephone number above.

“A humorous look at parenting, a serious look at discipline.”

1-2-3 Magic teaches you how to break down the tasks of parenting into three straightforward jobs:

- *Controlling Obnoxious Behaviour:* Learn an amazingly simple techniques to encourage your children to STOP doing what you don't want them to do (whining, arguing, tantrums, sibling rivalry, etc.).
- *Encouraging Good Behaviour:* Learn several effective methods to encourage your children to START doing what you do want them to do (picking up, eating, going to bed—and staying there!, chores, etc.).
- *Strengthening Your Relationships:* Learn powerful techniques that reinforce the bond between you and your children.

The fourth and final session provides an excellent opportunity for parents to discuss specific issues and to share information for future support.

Refreshments are provided throughout the workshops. We are unable to provide a crèche facility at this time.