



Incredible Babies

A 6 week course on getting to know your baby, helping them to feel loved safe & secure. On the course we will cover how to encourage physical & social development and increase the opportunities for language and communication through play.

For parents during pregnancy right up to 9 months old.



Incredible Years

A 14-week course we will help you:

- Enjoy spending time together
- Talk positively with your child
- Stay calm and in control (handle tantrums & conflict more effectively)
- Establish & use routines
- Be more consistent
- Understand and meet the needs of your child (no matter what their age)

Pre-school programme for families with children aged 3-6 years