

©The  
**Incredible  
Years**

# Programme for Parents & Carers

Parents and Carers Guide



For more information on group times contact FamNurtSupport@angus.gov.uk  
Advice line 01307 494746 (available 2-4pm Tuesday and Thursday)  
[www.angus.gov.uk](http://www.angus.gov.uk)



ANGUS  
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Information for parents and carers who are looking for some support about parenting children.

### The Incredible Years

We know that being a parent can be a tough job and has its highs and lows! Sometimes our children don't behave the way we would want them to and we don't do or say the things we would like. This can cause lots of stress, arguments and isn't much fun.

Many years of work with children and families shows that close relationships between children and their carers is one of the most powerful forces in giving them the best start in life.

The Incredible Years supports and helps parents to manage their child's behaviour in a positive way. We have trained staff to run high-quality parents' Incredible Years groups throughout Angus.

### What is The Incredible Years?

- Incredible Years is aimed at parents and carers who have children aged 3-6 years or who turn three during the course.
- An opportunity to meet other families and support each other.
- Incredible Years runs once a week for 14 weeks and each session lasts for two hours.
- A group activity with a maximum of 12 families in each group.
- Incredible Years courses are open to mums, dads, carers and grandparents.
- Every session is led by two group practitioners, with weekly contact and support available between sessions.

### What will I do in The Incredible Years?

In the sessions some of the things you will do include: watching DVD clips, talking about children's behaviour and working out new ways to manage situations at home.

This will help you understand your child and their behaviour as well as your own. You will also explore ways of staying calm and be able to meet other parents in the same situation as yourself.

"Calmer behaviour, more fun, better relationship, not so stressful."

"Coming to Incredible Years gave me something to look forward to every week. It became part of my routine. My son is now getting on great in nursery and is not getting into trouble at home."

"Give it a go; don't knock it until you have tried it!"

"I wasn't getting judged, it was relaxed and very friendly."

"It helped build a better relationship with my child. It was a good way to meet people that were going through the same challenges."

