

**Positive Quotes from Parents.**

**“I am finding the programme helpful at home; I am starting to see a difference in my child’s behaviours”**

**“Feeling more positive and managed to make more time for Lily”**

**“Support from others at the group made me feel it wasn’t only me that was struggling”**

**Can’t believe it has been 12 weeks, it seemed a long time, but it has flown in”**



**Group Facilitators**

**Denise Carson- Tel 07976460286**

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**Information**

**for**

**Incredible Years**





**What is it?**

 Incredible Years is an evidence-based parenting programme developed in the USA. It is one of the parenting programmes adopted by the Scottish Government and covers:

* **How to strengthen children’s social skills.**
* **Strengthen children’s ability to manage their emotions positively.**
* **Using praise and how to encourage co-operative behaviour**
* **Positive discipline – rules, routines & effective limit setting.**
* **Positive discipline – handling misbehaviour.**
* **Increase parents’ positive thoughts and self-esteem.**

**Who is it for?**

For parents of children aged 3-5 years.

**How many people attend?**

We hope that up to 12 parents will take part, couples are also encouraged.

**Where the group will take place:**

Incredible Years Groups take place in nurseries, schools and community venues across Fife. We will help you find your nearest group



The Pyramid shows how the programme builds a positive foundation first with an emphasis on relationship skills before beginning to discuss parenting strategies

**What happens in each session:**

Each session lasts 2 hours. Parents watch examples of how parents & children interact.

There will be time to practice positive strategies in playing & enjoying time with your child, learning how to encourage good behaviour and how best to manage difficult behaviour.

**What if I can’t come every week:**

It is important to come every week but if you can’t for an unavoidable reason the group leaders will let you know what was covered so that you miss as little as possible. To get the best from the group you need to attend ALL sessions

**What happens next?**

Once we have received a referral from an agreed professional (Education, Social Work, Health Professional), this is passed onto the Incredible Years Co-ordinator. You and the referrer will be contacted and advised if you have been offered a place.