

Parent Feedback

“Realising I’m not on my own”

“Sharing Experiences”

“Cannot pick one part of the course I have thoroughly enjoyed and learned a great deal”

“Feel really positive about this week and looking forward to putting in new routines into the house”

“Helps me tell the children I notice efforts they make and feelings/frustrations they have”

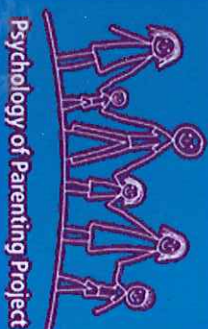
“Interesting to know that other people are ex-

Helpful links for more information:

www.incredibleyears.com

<https://vimeo.com/1252333428>

<https://vimeo.com/90953193>



The Incredible Years Programme

Parents and Carers Guide

Information for parents and carers who are looking for some support about managing their children.



What is The Incredible Years Programme?

The Incredible Years Programme offers parents strategies to manage children's behaviours such as aggression, ongoing tantrums, and acting out behaviour such as swearing, whining, yelling, hitting, kicking, answering back, and refusing to follow rules.

Using a range of strategies, parents develop skills to help children regulate their emotions and improve their social skills so that they can get along better with friends and adults, as well as do better at school and at home.

Who is the Programme for?

- The programme is designed for parents of children aged 3 years – 6 years old.
- The programme is for parents/carers only.
- Parents/carers meet collectively for once a week for 14 weeks with 2 trained facilitators.
- Each session lasts 2—2.5 hours.
- Refreshments will be provided
- Transport can be provided at no charge if required
- Crèche facilities are also available at no charge

What is involved in the Programme?

Parents meet as a group with two trained facilitators to provide an opportunity to meet other families and support each other in a relaxed environment. You can expect to be involved in the following:

- Home Tasks
- Videotaped Scenes
- Setting Personal Goals
- Problem Solving
- Sharing Ideas
- Role Plays
- Group Discussion
- Peer support

What else?

- Parents must be committed to attend the 14 week programme. This is necessary to see any evidence of changing in behaviours.
- Incredible Years is evidenced based for active and challenging behaviours.
- Incredible Years is not evidenced based for children presenting with Autism Spectrum Disorder.