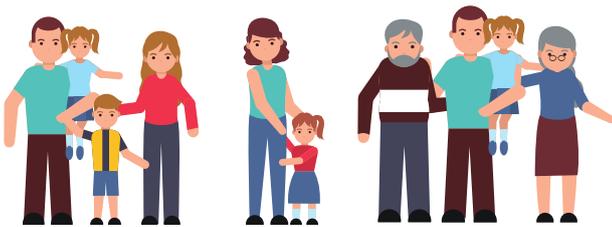




THE INCREDIBLE YEARS

THERAPEUTIC EVIDENCE-BASED PARENTING PROGRAM

SUPPORTING CHILDREN, PARENTS AND CARERS



14 WEEK PARENTING GROUP FOR
PARENTS AND CARERS
WITH CHILDREN
AGED 5-12 YEARS

HOW DO I START?

You can speak with staff at school who will be happy to send your details to our service. A member of the team will be in touch to offer support and guidance.

WHEN AND WHERE?

Each training programme lasts for 14 weeks. Weekly sessions of 2 1/2 hours and refreshments are provided. The program is currently running across Hartlepool and Stockton

WHY COMPLETE THE PROGRAMME?

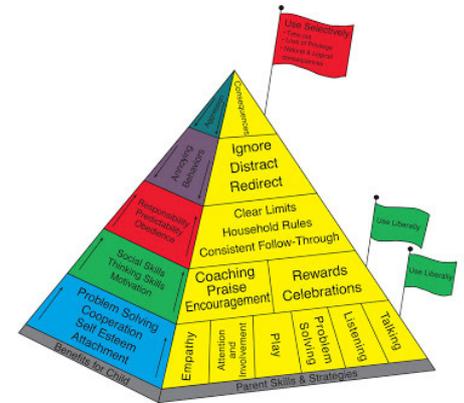
- Increasing parent and carer confidence
- Parent-child interactions
- Nurturing Relationships
- Reducing behaviour challenges
- Promotes social, emotional and academic skills in children



THE INCREDIBLE YEARS

WHAT IS THE INCREDIBLE YEARS®?

The Incredible Years® evidence based parenting programmes focus on strengthening parenting competencies and fostering parent and carer involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems. The parenting programmes are grouped in accordance (1-3 years), preschoolers (3-6 years), and school age (6-12 years).



Parenting Pyramid®

The Incredible Years

TOPICS COVERED

- Following your child's lead in play
- How to praise and reward
- How to set limits (using rules and routines)
- Handling children's misbehaviour
- How to communicate effectively with your child
- Problem solving
- Teaching children to express and manage emotions (including anger) effectively

AIM OF THE GROUPS

- To work with you and school staff to make positive changes to your child's behaviour
- Facilitation and support by highly trained therapists
- Evidence based therapeutic intervention to support you to manage difficult behaviours
- To learn new ways of playing and communicating with your child
- Make a positive difference to your relationship with your child

HOME COACHING

The benefits to home coaching include:

- Additional personalised practise at home with children
- Make up for a group session you have been unable to attend
- Delivery of the entire programme on a one to one basis at home
- Extra support with specific aspects of the programme
- Tailored support for your family
- Learning on an individual basis in your home

CONTACT US AT:

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