

Incredible Years Programme

The Incredible Years parenting programme was developed by Dr Carolyn Webster-Stratton in the U.S.A.

Evaluations of the programme show that it significantly improves parent-child interactions.

The programme is provided by the Ministry of Education at no cost to the participant and is facilitated by trained group leaders.



Contacts

For more information about the Incredible Years programme:

Contact:

Incredible Years Facilitators

Phone:

website address

www.incredibleyears.com



Incredible Years Parenting Programme

The Incredible Years parenting programme acknowledges that parenting is one of the most important jobs adults can do. The programme aims to encourage positive family relationships.

We provide:

- **Practical step-by-step suggestions for parents of 3 to 8 year olds, to help handle everyday family situations.**
- **An encouraging and supportive learning environment.**
- **Strategies to help parents manage challenging behaviors.**

What is covered in the Programme?

- Connecting with your child through play.
- Using praise to build your child's self-esteem.
- How to use praise and small rewards to motivate your child
- Setting limits
- Helping your child to develop life-long skills through positive discipline



Involvement in an Incredible Years Group means you will...

- Learn strategies to manage problem behaviours
- Develop strategies to build positive relationships with your children
- Participate in group discussions.
- Attend 14 sessions
- Meet once a week for 2.5 hours

You are welcome to bring a partner, close friend or relative with you.