

Incredible Years Parenting Programme

Incredible Years Parenting Programme

Overview

The programme is based on a parenting pyramid where the positive interactions form the foundations.

The programme is designed to encourage parents to make changes to the way they interact with their children and to reinforce positive interactions. There is a strong emphasis on parents' coping strategies and the programme was underpinned by social learning theory, which guides parents to consider their own behaviour as role models to their children.

The programme does include behaviour management strategies, but these are introduced later in the programme to allow the positive interaction between parent and child to develop and in many instances this reduces the frequency of behaviour which requires intervention



For more information

For further information on how to access our **Incredible Years** parenting programmes and our price packages, please contact us.

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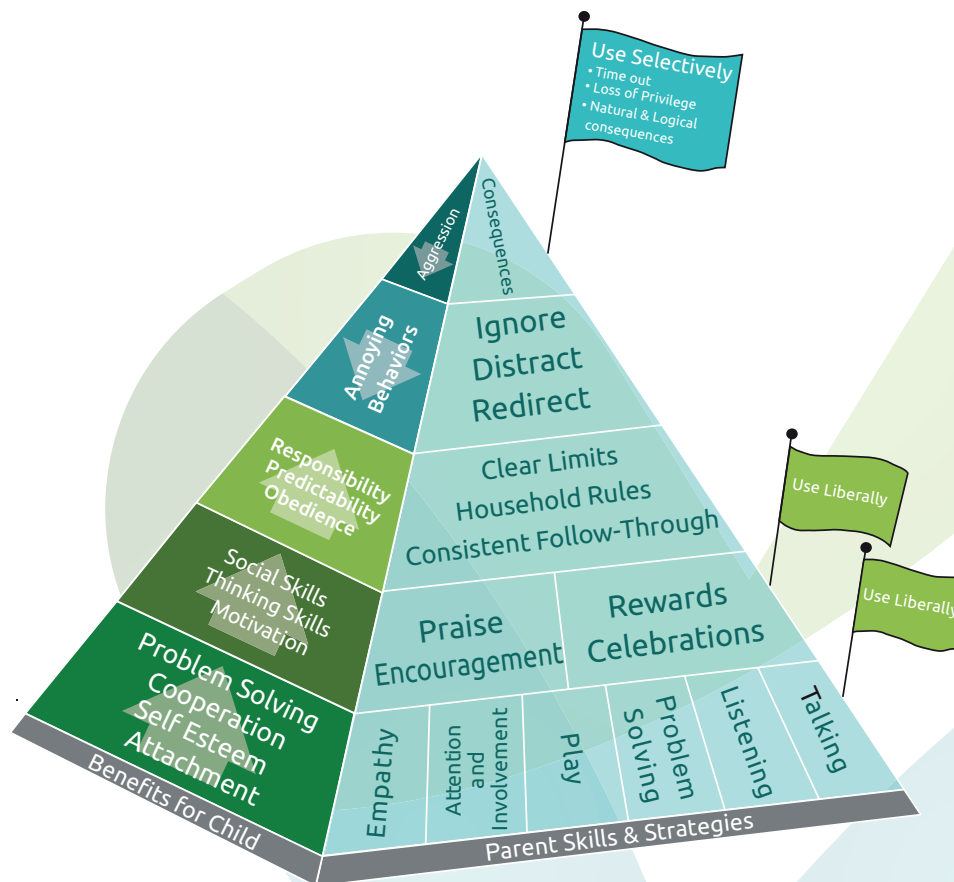
The **Incredible Years Parenting Programme** is designed to strengthen parent-child interactions and promote positive attachments and support parents to reduce harsh discipline measures.

The programme also works with parents to promote their child's social, emotional and language development to support school participation. The overall aim is to reduce emotional and behavioural difficulties and increase academic attainment.



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Parenting Pyramid



Part one: strengthening children's social skills, emotion regulation and school readiness (session 1 - 4)

Part two: using praise and incentives to encourage cooperative behaviour (session 5 - 6)

Part three: household rules, routines and effective limit setting (session 7 - 9)

Part four: positive discipline and handling misbehaviour (session 10 -14)

The **Incredible Years Parent Programme** incorporates a variety of teaching methods to implement learning. There are a series of DVD clips showing parents using the strategies as well as clips which are designed to help parents to identify why children behave in certain ways. There is a handbook given to each family to supplement the weeks learning as well as weekly hand outs on relevant topics.

Parents are expected to commit to the parenting group for 2.5 hours per week for fourteen weeks (or ten weeks if delivered on a one-to-one basis). The groups offer the invaluable opportunity for peer support and extensive ideas for handling situations.

The ethos of the **Incredible Years Parent Programme** is to be inclusive. A facilitator will offer content and guidance but the parents are ultimately responsible for home practice and feedback. Each session follows a similar agenda with a proportion of time at the beginning to share home practice experiences, both positive and negative, followed by the week's session content and ending in home activity hand outs.