



Parenting is hard work. The Incredible Years Parent Programme is for parents (or caregivers) who have young children aged 3 years and under eight years with behaviour they find very challenging. The programme provides practical suggestions to deal with problem behaviour in every-day situations with a focus on you and your child's wellbeing. Someone has mentioned this programme to you and suggested that you might find it helpful. The following may answer some of the questions you might have about The Incredible Years.

If I do the programme, what is involved?

1. The programme is run by two people, called facilitators, who work alongside parents. They will build on what you are already doing well and support you with different ways to manage your child's behaviour for the things that are not going so well.
2. When you decide that you want to participate in The Incredible Years, the facilitators will arrange to meet with you to tell you about the programme. They will listen to the concerns you have for your child so the programme can be tailored to you and your child's needs. They will help you fill out a form about your child's behaviour and how big a problem it is for you.
3. The Incredible Years involves coming to weekly sessions along with a group of other parents. These are mums and dads, grandparents or whoever is the main caregiver of the child. All are having difficulty managing their child's behaviour similar to the problems you are experiencing. The group meets for 2.5 hours each week for 14 weeks with a break in the schools holidays.

How come it takes 14 weeks? That's quite a bit of time isn't it?

All children are different. Sometime we have to 'unlearn' what we know about being a parent, and practice doing things differently. And, when we do things differently as a parent, children learn new, more positive ways to behave. This can be quite hard and because we want you and your child to be successful, we take things slowly.

How much does it cost?

It doesn't cost you anything to do the Incredible Years Parent Programme but you may have to think about costs related to childcare/babysitting while you are at the weekly sessions, and also the cost of getting to the venue. Often we are able to help with this.

I find it hard to be in a group of people I don't know.

It is sometimes hard to be in a group of people who you don't know, however all the parents in the group have problems with managing their child's behaviour, and, just like you, want to learn how to be the best parent they can be. What we have found is that people in the group are very supportive *because* they are experiencing the same problems. Some even get to know each other so well over the weeks that they become good friends.



What sort of things will I learn?

You will learn tried and true ways to help your child develop positive social skills and to manage their emotions. You will also learn how to prevent or reduce the likelihood of your child being aggressive or defiant, and what to do when they are. Each week you will learn about practical things you can do to be a more effective parent and between sessions you will decide on something you have learnt that week that you will practice. One of the facilitators will call you during the week to see how you are going, encourage you and help with any problems you are having.

What happens when the Incredible Years Parent Programme has finished?

The group has a celebration together and we present you with a certificate that acknowledges all the hard work you have done over the past 14 weeks. One of the facilitators will also make contact a couple of months later to see that everything is still going well for you.

Learning parenting skills in a supportive group is effective and fun.

We hope you will join us on The Incredible Years Parent Programme now you know a little more about it – we know you will enjoy it!

