

### Who are the groups for?

Incredible Years Groups are for parents and carers of children aged 1-8 years. There are two groups depending on your child's age:

#### Incredible Years Toddler:

Parents of children aged 1-3

#### Incredible Years Early Childhood:

Parents of children aged 3-6

#### Incredible Years School age:

Parents of children aged 6-10

Incredible Years Groups are for parents and carers who want to:

- \* Improve their child's behaviour
- \* Learn more about what behaviours are normal for children
- \* Meet other parents
- \* Learn parenting skills
- \* Feel more confident as a parent
- \* Feel less stressed about parenting

### Who is the group run by?

The group is run by either a Family Support Worker or Family Engagement Worker and a CAMHS Clinician from Islington CAMHS. Both facilitators are experienced in running groups and helping families.

### Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Incredible Years Parenting Groups

A course for parents who want to learn how to get the best behaviour out of their children

#### Incredible Years Toddler:

Parents of children aged 1-3

#### Incredible Years Early Childhood:

Parents of children aged 3-6

#### Incredible Years School age:

Parents of children aged 6-10

## What parents have said about the groups

*"This course is not a lesson on what as a parent we are doing wrong – more so an insight as to how we can improve"*

*"Oh my! What changes haven't I seen?! It has become a joy to be a parent again and to enjoy my children the best way"*

*"I am feeling much more confident as a parent. I know how to react to specific situations. My child is behaving better. It was life changing for me"*

*"I have learned so much from sharing with the group and hearing about their experiences"*

### How can I find out more?

To register your interest you can contact CAMHS on 0203 316 1824 or talk to a Family Support Worker at Families First or Family Engagement Worker at your local children's centre.

## About Incredible Years

### Programme aims

- \* Promote children's all round development (social, emotional, language & behaviour)
- \* Support parents' developing effective parenting strategies
- \* Increase parents' support networks
- \* Strengthen parents and children's relationships
- \* Provide a safe, non-judgemental space to think about and share ideas with other parents

### Topics

- \* Parental attention and child directed play (promoting positive relationships)
- \* Child-directed coaching
- \* Social and emotional coaching
- \* Praise and encouragement
- \* Rewards & Incentives
- \* Rules & Routines
- \* Effective Limit Setting
- \* Handling misbehaviour

## About the group

- \* The group will run for 13 or 14 weeks, term time only, at the same time each week
- \* There will be a maximum of 12 parents in the group

### Before the group

- \* A group facilitator will contact you to think about whether the Incredible Years Group would be suitable.

### During the group

- \* Each week we will focus on a topic, using a mixture of group discussion, watching DVD's of parents with their children and role playing ourselves
- \* There will be a home task each week to practice the strategies
- \* The facilitators will call you in the middle of the week to check how you are getting on and whether you have any questions about the material covered in the group
- \* As the group goes on, when you know one another a little more, we will encourage you to also make calls to a 'buddy' to help support each other.