

Incredible Years Programme



Within the group different topics will be discussed each week, including:

- Child-directed play.
- Effective praise.
- Rewards.
- Establishing routines.
- Household rules.
- Limit setting.
- Ignoring.
- Distracting and redirecting.
- Natural and logical consequences.
- Teaching children to problem solve.

Incredible Years Programme for Parents and carers

- The Incredible Years Parenting Group is a course for parents who are struggling with the behaviour and/or demands of their children.
- Groups are facilitated by three HSC professionals (two group leaders and one group assistant) who are from a variety of child health and social care backgrounds.
- The Incredible Years Parenting Group is for parents with children aged 2-13 years.
- There are 2 groups:
- Daytime group aimed at children aged 2-8 years.
- Evening group aimed at children aged 8-13 years.
- We will use videos of other families experiencing problems, group discussions and other activities to try to identify ways to understand and manage our children. The groups use discussions to help you think about your children and yourself because you are the expert of your child. Usually you will be given 'homework' in between sessions to record something or try something new with your child at home. This is a chance to try out new ideas for yourself.
- The Incredible Years Parenting Group is a two hour group which runs once a week for a period of 12-14 weeks. We would expect a commitment for you to come along to each session.
- The group will take place in a central St Peter Port location.