



Incredible Years Parenting Programme

The Incredible years (IY) programme is designed to strengthen parent-child interactions and attachment, foster parent's ability to promote children's social, emotional, and language development and offers help and support to manage children's challenging behaviours in a positive way.

The Programme consists of 14 weekly sessions. Each session uses real-life situational vignettes (video clips) to support the training and trigger parenting group discussions, problem solving, and practice exercises. The Programme is aimed at parents of children age 3-10 years old.

The fourteen sessions comprise of the following topics:

- Session 1: Introductions, Goals, Child-Directed Play
- Session 2: Child-Directed Play Promotes Positive Relationships
- Session 3: Play- Academic and Persistence Coaching Promotes School Readiness
- Session 4: Play-Social and Emotion Coaching
- Session 5: The Art of Effective Praise and Encouragement
- Session 6: Effective Ways to Praise & Using Tangible Rewards
- Session 7: Establishing Routines and Household Rules
- Session 8: Effective Limit Setting
- Session 9: Effective Limit Setting and Follow Through
- Session 10: Ignoring Children's Inappropriate Behaviour
- Session 11: Time-Out to Calm Down
- Session 12: Time-Out for Aggression and Noncompliance
- Session 13: Natural and Logical Consequences
- Session 14: Teaching Children to Problem Solve

The vignettes are clips of real families and presenter narration is used throughout each session. Questions are posed to facilitate group conversations which focus on the key learning points for each topic and each week, parents are asked to practice the skills they have learned at home.

You can make a referral by contacting YPAS directly on 0151 707 1025, dropping in to one of our hubs and online at ypas.org.uk/contact

