

Why is this a good programme?

The Incredible Years Parenting Programme was devised by Carolyn Webster-Stratton, a Psychologist in America. She has worked for nearly 30 years with children and families and developed this programme to help parents manage and reduce difficult and disruptive behaviours.

All children can misbehave for a variety of reasons, and, if misbehaviour becomes a habit, parents may feel overwhelmed at times. This group gives you the opportunity to be with other parents, to share ideas and try out practical activities at home.

Is there a cost?

You can come to the group free of charge.

When does the group meet?

The group meets for two hours a week for 12 sessions. This is usually mornings or afternoons during the school day, either in a school building or community centre. The groups run during the school term and start in the autumn and Easter terms.

How will this group help?

The programme aims to help you to:

- Enjoy spending special time together
- Show interest through play to improve sharing, turn taking, etc.
- Help your child with friendships
- Help your child to feel better about themselves
- Manage anger frustration and how to feel calm
- Bring out the best in your child using praise and rewards
- Listen and talk together
- Cope and feel in control
- Believe in yourself as a successful parent.



Who can come along?

Mothers, fathers, carers or relatives involved in the care of your child are invited to attend. This can help when practising the home activities. Children do not attend these sessions.

What if I have special needs?

If you have any special needs, disabilities or individual requirements please discuss these needs, in confidence, with a facilitator.

Are refreshments on offer?

Tea/coffee/juice is offered at no cost. If you have any special requirements please discuss this with a facilitator.

Do I need to come every week?

Attendance at the first two sessions is essential to gain an understanding of the programme. To get the maximum out of the group full attendance is encouraged. If you are unable to attend we ask you to contact the facilitators.

Do I need to bring anything with me?

We will provide you with an Incredible Years book free of charge to support the programme and remind you of the ideas discussed within the group.

What will I be doing?

We use everyday examples to help you recognise and find your own solutions for your own child's circumstances. We watch some video clips in the group, discuss the benefits and barriers of those ideas and offer the chance to practise these skills within the group. Every week there is some time to share experiences of the home practice.

"This group has been a life line; it made me feel like I wasn't alone. I'm calmer and feel more confident with my children"

How many people will there be?

There are a maximum of 12 parents in each group and up to three group facilitators.

The facilitators have been specially trained to deliver this program, and are experienced in working with families.

The Incredible Years

Your group leaders could be from health, education, social care or specialist support services

The groups are coordinated by Exeter Parenting Co-ordination at Exeter Community Initiatives.

For more information and referral forms, please contact the Exeter Parenting coordination office at:

14 York Road,
Exeter EX4 6BA

tel: 01392 205800
email: info@eci.org.uk



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The Incredible Years

Making parenting easier and fun

Questions and answers

