

## Course feedback from parents

“Very positive and informative and great stuff to practice and think about. Group seems to be bonding well. Great mix of role-play, talking and watching scenarios. Thanks.”

“I found today re-confirmed my understanding of these classes. It made me realise my techniques are working. Happy Days!”

“The role-play was really useful despite apprehension about it and videos are brilliant. All great stuff to put into practice. Thanks.”

“Quite nice to find others who are facing similar situations.”

“Amazing course, which I know will stay with me and indirectly benefit my girls. I adore the closer bond we have developed and I know that the insights, confidence and tools I have taken away with me, have facilitated this. It’s been fab to share with and listen to other parents and not feel as alone as I did.



## How do I start?

If you feel you would benefit from attending the group or would like more information about the programme, please contact one of the following:

**Child and Adolescent Mental Health Services (CAMHS)**  
on Tel No: 701441

**Children and Family Community Services**  
on Tel No: 723182

Or speak to your  
**Health Visitor or School Nurse**

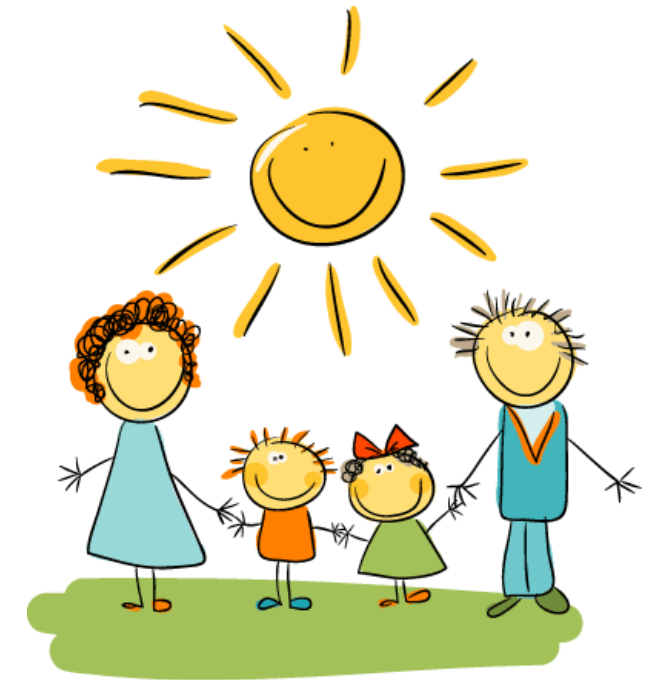


States of Guernsey  
Children and Family  
Community Services

May 2016

HSC No: 910

## The Incredible Years Parenting Group



**12-14 week Parenting Group  
for parents with children  
aged 2-13 years**

**The Incredible Years**  
Parents, teachers, and children  
training series



## What is Incredible Years?



The Incredible Years Parenting Group is a course for parents who are struggling with

the behaviour and/or demands of their children.

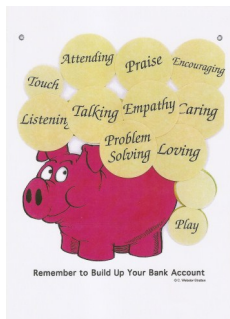
Groups are facilitated by three HSC professionals (two group leaders and one group assistant) who are from a variety of child health and social care backgrounds. The group leaders are fully trained in the delivery of the programme.

## Who is it for?

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.



## When and where?

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 at the Kindred Family Centre.

## How does it work?

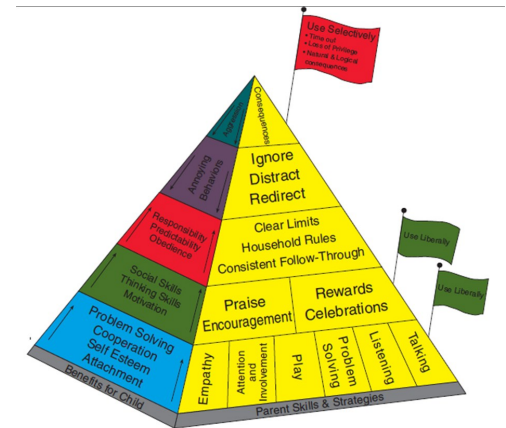
We will use videos of other families experiencing problems, group discussions and other activities to try to identify ways to understand and manage our children. The groups use discussions to help you think about your children and yourself because you are the expert of your child. Usually you will be 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.



## Contents of the group

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.



Parenting Pyramid