

### Can anyone else come along to the group sessions?

Parents or carers are welcome to bring someone else to the sessions to support them.

### When and where will the group sessions take place?

The group leaders who meets with you will explain when and where the group takes place. The group is fourteen sessions long but there will be breaks for the school holidays.

### Are the practitioners qualified?

The Incredible Years Practitioners are Registered/Accredited members of the BACP (British Association for Counselling and Psychotherapy) and HCPC (Health & Care Professions Council)



## YPAS has 3 Hubs across Liverpool:

YPAS Central Hub  
36 Bolton Street  
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0151 707 1025

YPAS South Hub  
Lyndene Road  
Childwall  
L25 1NG  
0151 305 2030

YPAS North Hub  
Croxdale Road West  
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L14 8YA  
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## Young Person's Advisory Service Incredible Years Parent Programme

Information for parents and carers

Positive



Behaviour

Assisting young people to reach  
their full potential



## Introduction

This leaflet provides brief information about the Incredible Years Parent Programme which we hope will be useful.

No matter how much parents/carers love their children, there are times when a child's behaviour can be difficult to manage. The Incredible Years Parent Programme can offer help and support to deal with a child's behaviour in a positive way.

## What is the Incredible Years Parent Programme?

### The programme aims to provide support by:

- Helping parents and carers deal effectively with their children
- Supporting parents to bring out the best behaviour in children
- Building on a parent or carer's skills and experience of dealing with difficult behaviours
- Helping parents and carers to help their child get the best out of school/nursery
- Increasing parent and carer's self confidence
- Providing support for families.

The Incredible Years Parent Programme recognises that you are the expert on your child and we will not criticise or judge your parenting. We will show you ways to make the most of the knowledge you have about your child.

## How will I know if the Incredible Years Parent Programme will work for me?

Whilst it is difficult to say whether it will work for you, the Incredible Years Parent Programme has been tested for many years all over the world. There are many studies to show that it works with children with behaviour difficulties.

## How does the Incredible Years Parent Programme work?

We use video clips and group discussions to learn new ways of dealing with difficult behaviour. We will talk about and show you how to reward and praise children to encourage more of the behaviours you want to see.

## Who is the Incredible Years Parent Programme for?

The programme is for any parent or carer of a child aged between two and ten years old in Liverpool who wants to learn new ways to manage their child's behaviour.

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*'Children have the right to say what they think should happen when adults are making decisions that affect them, and to have their opinions taken into account.'*

(UNCRC – Article 12)

## How many people take part?

About eight to twelve parents and carers take part in each group session. There are also two to three Group Leaders to offer support to those taking part.

Parents and carers have told us that the group sessions help them feel supported. Meeting other mums, dads and carers also helps them feel less alone when managing difficult behaviour. Parents and carers also tell us that they make new friends!

## Parent & Carer Comments

“Excellent course, I would recommend it to any parent.”

“The Incredible years programme has greatly improved my relationship with my grandchildren.”

“I just feel really comfortable with my group, I can talk freely and no one is judging, I feel I have a lot of support.”