

**Liverpool Child and Adolescent Mental Health Service**

**The Incredible Years Parent Programme**

**Information for parents and carers**

**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
* Bringing 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 eight years old in Liverpool who wants to learn new ways to manage their child’s behaviour.

**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.

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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!

Incredible Years Parent Programme can also be delivered one to one at home. However, the benefits from being with other parents and carers mean that the group sessions work better. Being in a group means that you learn from other parents and carers and you feel like you are not the ‘only one’ who is struggling with their child’s behaviour. Parents and carers tell us that this brings them a lot of relief.

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

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

**Childcare.**

A crèche is available free of charge to parents and carers when they attend a group session.

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

The clinician 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.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment. This information can be made available in other languages and formats if requested.

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