



# Incredible Years Parenting Group

## What Is Incredible Years?

The Incredible Years programme is a 14 week parenting group 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.

## Course Contents

This programme covers topics including:

- Play
- Praise
- Effective limit setting
- Ignore
- Time out
- Problem solving and consequences

## Referral Criteria

This group is designed for Parents/carers of children:

- Aged 2-9 years old (up to 10th birthday)
- Experiencing behaviour difficulties
- Suitable for children with ADHD diagnosis
- Do not have a diagnosis of autism or learning difficulties

## Course Details

This group will take place at  
Our Lady Immaculate Catholic  
Primary School

on  
Friday Mornings 9.15am - 11.15am  
Starting 4<sup>th</sup> September 2020

If you are interested in attending this parenting programme please email the YPAS parenting team on the below emails.

[laura.drew@ypas.org.uk](mailto:laura.drew@ypas.org.uk) or  
[rosalind.gibson@ypas.org.uk](mailto:rosalind.gibson@ypas.org.uk)

To refer in to YPAS for parenting support or for further information on YPAS's Parenting offer please email [referrals.liverpoolypas@nhs.net](mailto:referrals.liverpoolypas@nhs.net) or visit [ypas.org.uk](http://ypas.org.uk).

