

The Incredible Years is a 12 week programme for parents with children aged 3-8 years old.

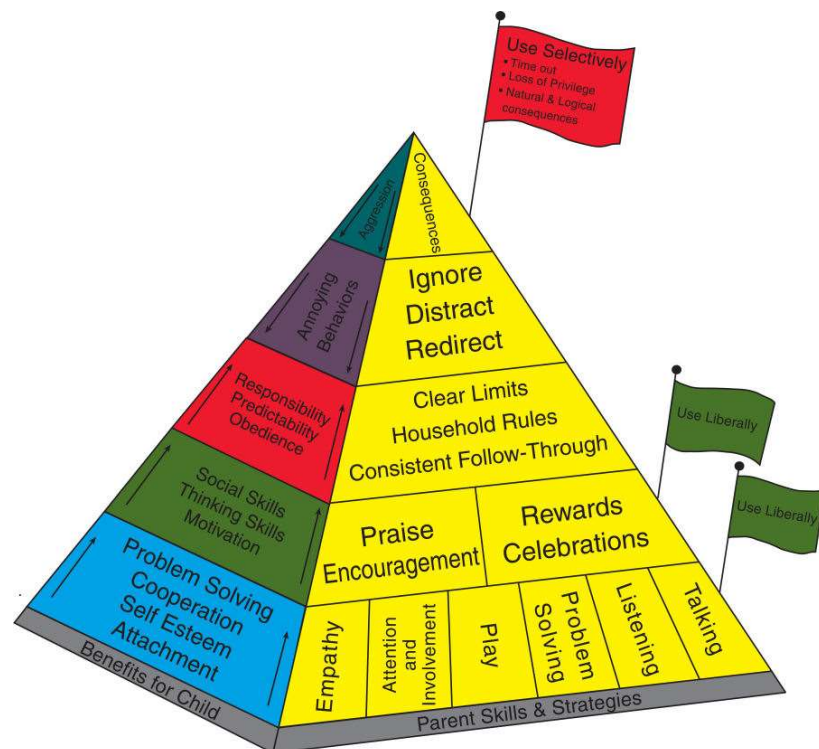
It focuses on how to promote children's social, emotional and language development.

It is designed to provide a friendly and safe atmosphere to support parents to share their ideas and experiences in relation to parenting.

Incredible Years Group

Topics covered in the programme include:

- Child-directed play
- Social and emotion coaching
- Praise and encouragement
- Rewards and incentives
- Handling separations and reunions
- Effective limit setting
- Handling misbehaviour



Parents are asked to commit to attending all 12 sessions in order to gain the most benefit from the programme. We will give you a book and ask you to practice some activities at home.

A crèche is kindly provided by 1st Place Children's Centre. We will have a break and provide fruit and tea.

If you have been invited to the group, we will contact you and arrange to meet you and your child and think about your goals for the group.


We will be carrying this out on the 31st August and 2nd September, these meetings will last about 45 minutes.

For more information please contact:

- James (07969587238)
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- Matilde (07525236908)
matilde.rahtz@slam.nhs.uk



**1st Place
Children's
Centre**



**Mondays
10am-12pm**

**13th
September-
6th
December**

