

# The Incredible Years Parents Group

The internationally renowned trouble-shooting programme for parents of Early Years And Primary School children.

The programme includes:

- *How to play, praise and encourage*
- *Use of rewards and incentives*
- *Limit setting and ignoring*
- *Use of time out and calm down*
  - *Consequences*
  - *Teaching problem solving*
- *Helping kids regulate their emotions*
  - *Friendship skills*

The programme consists of 12 two hour sessions aimed at bringing parents together to learn and share strategies and gain confidence in parenting whilst boosting their children's self esteem.