



How can I access the programme?

Visit our website below and click on “For parents and carers”

actionforchildren.org.uk/dorset

Or alternatively scan the QR code below



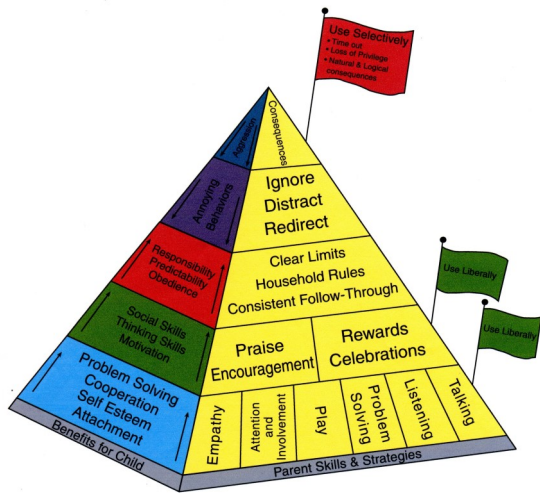
*Action for
Children*

Introduction to Action for Children’s Dorset Parenting Support Service and the Incredible Years Programme

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What is the Incredible Years Programme?

The Incredible Years Programme enables parents to have effective tools in managing their child's behaviour. It aims to give you new strategies as well as building on the ones you are already using to make them more effective in your home. In turn you should see an increase in positive behaviours and a reduction in behaviours you find challenging, helping you feel more confident and reducing household stress.



Parenting Pyramid

The Incredible Years Program
© Incredible Years

Topics covered throughout the 12-15 week programme include:

- Building strong positive relationships
- Academic and persistence coaching to promote school readiness
- Social and Emotional Coaching to strengthen your child's empathy, self regulation and social skills
- Increasing positive behaviours with attention, praise, encouragement and incentives
- Rules routines to promote your child's cooperation and sense of responsibility at home
- Managing misbehaviour
- Teaching your child to problem solve
- Effective communication

"I believe this programme has changed our family for the better, we are all a lot happier and feel confident dealing with any new hurdles"

What makes Incredible Years so effective?

The Incredible Years Programme was created in 1980 by Dr Carolyn Webster-Stratton when she was a parent of two children aged 8 and 4 years old. Carolyn is a licensed Clinical Psychologist, Nursery Practitioner and University Professor. Over the past 4 decades, she has developed and researched the evidenced based Incredible Years Parent, Teacher and Children's series.

The Dorset Parenting Support Service have been delivering and training in Dorset for over 15 years. The service is commissioned by Dorset NHS to deliver programmes recommended in the NICE guidelines. We work closely with a range of professionals including GP's, Pediatricians, CAMHS, Social Care, Early Help and schools. Our Parenting Coaches understand that you know your child best, we will work with you to identify and build on your strengths as a parent. Each session includes group discussions, reviewing DVD clips, practicing the skills learnt and also having fun!

What additional support can we offer?

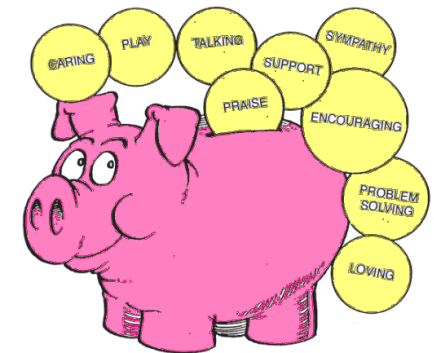
Weekly phone calls to problem solve any concerns or celebrate your successes, additional home visits to help practice the skills, support you during meetings with other professionals and signpost you to other support services.

What do other parents think?

"I felt as if I would never reach this target (calmer child) but as the weeks went on I could see myself growing more confident"

"The service has been a lifeline for the family. Lots of these learnt practices will be used daily to keep our home and everyone living here happier. The difference in 12 weeks is vast!"

"Go for it! You learn so much there's no right or wrong, it just gives you more tools. It's a really big confidence builder"



Remember to Build Up Your Bank Account with Your Child