

Incredible Years – Early Childhood Programme



The Incredible Years programme supports parents to effectively manage their child's behaviour as they grow and develop (and enter primary school). The group provides the opportunity to meet other parents whilst learning how to manage misbehaviour using age-appropriate positive parenting strategies. The programme will also help parents to strengthen their relationship with their child.

Delivery includes group discussions, group activities, use of video clips and 'have a go' tasks to try at home.

- **Who is this service for?** Parents of children aged 2-6 years old
- **Length of Programme:** 12 weeks (with 2 follow up). Each session is 2 hours.
- **Refreshments and Crèche are provided.**

TOPICS COVERED

- Enhancing parent-child communication
- Social and emotional coaching to develop social skills and manage children's emotions.
- Using praise and incentives to encourage co-operative behaviour.
- Rules, responsibilities, routines and effective limit setting.
- Strategies to manage misbehaviour including ignoring, 'time out' and logical consequences.
- Giving and getting support.

WHERE AND WHEN ARE THE GROUPS DELIVERED?

The groups take place in Haringey Children's Centres (term time only).

HOW DO I GET ONTO THIS GROUP?

Schools, CAMHS and other professionals can refer parents to the programme following a conversation with the parents (<https://www.haringey.gov.uk/children-and-families/local-offer/5-15-year-olds/educational-psychology-service>). Parents would need to be happy to commit to the 12 week programme.

WHO DO I CONTACT?

Parents can speak to their school SENCo or linked Health professional to make a referral for them (https://www.haringey.gov.uk/sites/haringeygovuk/files/webster-stratton_referral_form.doc).

Referrals are currently being sent to CAMHS at beh-tr.camhsreferral@nhs.net

Who to contact?

Telephone

020 489 3020

E-mail

educationalpsychology@haringey.gov.uk

Time / date details

Opening times/date

Wednesdays starting 14th September 2022 10am-12pm