

The Incredible Years Parent Survival Course –
 Ryeland's House
 January - May 2023

Session	Date	Time	Topic
1	Tuesday 17 th January	9.30 – 12.00	Introduction & Child Directed Play
2	Tuesday 24 th January	9.30 – 12.00	Child Directed Play
3	Tuesday 31 st January	9.30 – 12.00	Academic & Persistence Coaching
4	Tuesday 7 th February	9.30 – 12.00	Social & Emotion Coaching
Half Term 1 x Week			
5	Tuesday 21 st February	9.30 – 12.00	Effective Praise
6	Tuesday 28 th February	9.30 – 12.00	Rewards & Incentives
7	Tuesday 7 th March	9.30 – 12.00	Household Rules & Routines
8	Tuesday 14 th March	9.30 – 12.00	Effective Limit Setting
9	Tuesday 21 st March	9.30 – 12.00	Follow Through Commands
10	Tuesday 28 th March	9.30 – 12.00	Ignore & Distract
Easter Break 2 x Weeks			
11	Tuesday 18 th April	9.30 – 12.00	Time Out to Calm down
12	Tuesday 25 th April	9.30 – 12.00	Time Out for Non Compliance
13	Tuesday 2 nd May	9.30 – 12.00	Natural & Logical Consequences
14	Tuesday 9 th May	9.30 – 12.00	Problem Solving
15	Tuesday 16 th May	9.30 – 12.00	Celebration & Questionnaires



The Incredible Years!



A Group for Parents/Carers of Children with Behaviour Difficulties

Do you have a child aged 2-10 years?
 Do you sometimes find being a parent/carer tough and stressful?
 Do you find it difficult to manage your child's behaviour?

Would you like to learn more about how to manage your child's behaviour, have a better relationship with your child, and meet other parents/carers in the same situation?

If YES, then you are not alone - lots of families have similar worries and experience these kind of difficulties.

What is the Incredible Years?

The Incredible Years was created to help parents/carers manage their child's difficult behaviour including conditions such as ADHD. Often, these behaviours impact on the whole family, leaving everyone, including the child, feeling negatively about themselves. This course will improve your relationship with your child and increase yours, and your child's, confidence.

Where? Ryeland's House, Ryeland's Park, Lancaster

When? Every Tuesday morning 9.30am - 12.00

Starting? Tuesday 17th January 2023

Duration? 15 x weeks - term time only



If you are interested in finding out more about the Incredible Years please speak to a health professional or contact your school Learning Mentor, or SENCO, who can refer you. Alternatively, you can contact the IY Group Leader directly:

Debra Lawless, Parenting Practitioner, CAMHS
debra.lawless@lscft.nhs.uk Tel: 01524 550 650

Confidentiality

Everything we talk about during the group stays within the group. If you want to discuss your own experiences with others that is OK. All we ask is that parents/carers **do not talk about the experiences of others outside the group**. We will talk about this more during our first session.

We will also write to the person who has referred you to the Incredible Years, at the beginning and end of the course and you will get a copy of all the letters that we send out.

If you are interested in finding out more about the Incredible Years or would like to book a place on this course then let your health visitor, school or support worker know. They will then complete a referral so we can arrange a meeting for us to meet with you and tell you more about the course.

You can also self- refer by contacting:
Debra Lawless Parenting Practitioner
CAMHS debra.lawless@lscft.nhs.uk

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- ★ Do you sometimes find being a Parent/carer tough and stressful?
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The Incredible Years!

A Group for Parents/Carers of Children with Behaviour Difficulties

What is the Incredible Years?

The Incredible Years was created to help parents/carers manage their child's difficult behaviour including conditions such as ADHD and conduct disorder. Often, these behaviours impact on the whole family, leaving everyone, including the child, feeling negatively about themselves. This course will improve your relationship with your child and increase you and your child's confidence.

When and Where?

The Group runs on a **Tuesday** from **9.30am** to **12.00pm**, starting **Tuesday 17th January 2022**. The Incredible Years course lasts for *15 weeks in total*, and does not run during school holidays.

You will be expected to attend all of sessions. If you are unable to attend any of the sessions then please let us know as far in advance as possible. Due to the nature of the programme, if you miss more than two consecutive sessions you will be discharged from the service.

What can I expect?

You will meet parents/carers who are experiencing similar difficulties with their child as you are. The group will be led by Parent Group Leaders Debra Lawless and Patsy Myerscough.

The Incredible Years Programme will help you to:

- 1. Strengthen the relationship between you and your child.**
- 2. Increase your child's social, emotional and school readiness skills.**
- 3. Feel confident, with evidence based tools and strategies, to deal with challenging behaviours.**

Parents who attend all of the sessions, and read the recommended literature, benefit more and experience the most success.

Each session begins with a review of your week, then moves on to explore new skills relevant to our topic. We practise these together so that you feel comfortable and prepared doing them with your child at home.