

HOW DO I FIND A WEBSTER STRATTON INCREDIBLE YEARS PROGRAMME AVAILABLE IN MY AREA?

For more information about what the programmes cover visit: <http://incredibleyears.com/programs/>

Our website below will tell you about Incredible Years and other types of programmes for parents which are running in Suffolk.

Visit: www.suffolk.gov.uk/theparenthub



ARE THERE OTHER PARENTING PROGRAMMES AVAILABLE IN MY AREA?

We run a range of parenting programmes throughout Suffolk.

You can find your location and decide on the best venue for you from our parenting programme calendar which can be found on our website.

We also have Parenting Coordinators who cover all areas of Suffolk.

Contact us

Online: www.suffolk.gov.uk/theparenthub

Email: parenting@suffolk.gov.uk

Phone: You can contact the Suffolk Parenting

Team via the Suffolk Families Information

Service helpline: 0345 60 800 33.



**SUFFOLK
PARENT
HUB**



THE WEBSTER STRATTON INCREDIBLE YEARS PARENT PROGRAMME

WHAT'S THE WEBSTER STRATTON INCREDIBLE YEARS PROGRAMME?

Bringing up children can be one of the most difficult and demanding jobs in the world and children don't come with a book of instructions.

The Incredible Years Programme aims to help you:

- Recognise that some children are more difficult than others.
- Feel more confident in dealing with your child's behaviour by building up a toolkit of ideas, skills and techniques.
- Improve your children's social skills and emotional health.
- Find out what will work best for your family. You are the "expert" on your family, this group is not about being perfect parents/carers, getting it right or blaming. It's about new ideas and warnings of pitfalls.

In Suffolk the programme is offered to families with:

- Babies (Birth – 12 months),
- Toddlers (1 year – 3 years old),
- Pre-school (3 years – 6 years)
- School aged programme (6 years – 12 years)

HOW WILL THE PROGRAMME BENEFIT ME AS A PARENT?

The programme offers support and guidance in the following areas:

Building Better Relationships

You will explore how to enjoy playing and spending time with your child to increase confidence and positive feelings within your family.

You will discover ways of encouraging your child to alter their behaviour.

Setting Limits

Your children need boundaries to feel safe and calm. They may test us but we will help you make those limits stick.

Speaking so that your children understand exactly how to behave isn't always easy; we will help you use clear, consistent and positive talk that helps you to get the behaviour you want.

We will show you ways of coping with demanding behaviour in a way that ensures you stay in control without nagging, shouting or arguing. This will help your child still feel worthwhile, take responsibility for their behaviour and keep a trusting relationship with you.

HOW DOES THE PROGRAMME WORK?

This is a group programme. We work with groups of up to 12 parents. Parents attend a 2 hour session per week, lasting for 10 – 12 weeks.



WHAT HAPPENS IN THE GROUP?

We will look at video clips of parents and children to help discuss topics, such as children fighting or arguing, not getting ready for school, answering back and so on.

You will have the chance to practice new ideas in the group before trying them out at home on your own, and will meet other parents with similar experiences which will help you feel less alone.

Substance