

Contact

For more information please contact
the families local Children's Centre

To discuss referrals please contact:

Michaela Clapson, Children's Centre
Service Co-ordinator

Michaela.clapson@hounslow.gov.uk



Course information:

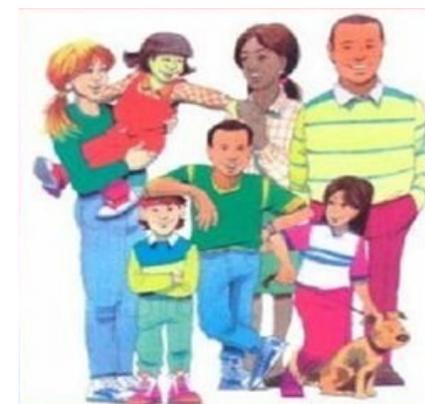
For families with a child aged 3-6 years
who would like support to promote their
child's good behaviour and manage
challenging behaviour.

Venues: TBC, Depending on Referrals

© **The Incredible
Years**[®]



Making parenting easier and fun!
A 14 x 2.5 hour weekly session Parenting
group for children aged 3-6 years



Information Leaflet for Professionals

Thank you to the London Borough of Ealing for the
original leaflet text.

What is the Incredible Years®?

The Incredible Years® parenting program is an evidence based parenting program developed by Carolyn Webster-Stratton. Using group discussions, exercises, video clips and more the Incredible Years program covers the following:

- How to strengthen children's social skills and emotional regulation
- Using praise and encouraging positive behaviour
- Positive discipline—rules, routines and effective limit setting
- Positive discipline—handling misbehaviour
- How parents can support their child's education

Who is Incredible Years for?

The Incredible Years 'Pre-School' programme is for children aged **3 - 6 years**. The programme will benefit parents/carers who would like to like support to promote their child's good behaviour and manage challenging behaviour. The Incredible Years® Pre-School group also will benefit parents/carers of children who:

- Have significant behavioural difficulties, for example verbal and/or physical aggression, defiant behaviour, lying.
- Actively refuse to follow rules, routines and adhere to home/nursery/school boundaries
- Are experiencing difficulties managing their emotions

Who is Incredible Years for? Cont...

Some of these behaviours are commonly found in children with ADHD, and this group is also likely to benefit children with either possible or diagnosed ADHD.

Use of Outcome Measures

As part of their training and learning the group facilitators will be recording the group sessions. Parents will be required to give consent to:

- The recording of the group sessions
- Participating in routine outcome monitoring
- Consenting to outcome data being used anonymously for reports.

We will explain this process and gain consent from families when we meet with them for an assessment.

Which families might *not* benefit?

This group may be less helpful for

- Children with diagnosed or likely Autistic Spectrum Disorder (ASD).
- Children or parents with moderate to significant learning disabilities.

Other groups may be more suitable for these families, please contact us for more information.

In addition, **please do not refer families who have a child aged 3-6 without behavioural difficulties but who have a child outside this age range with behavioural difficulties.** The course content will not be suitable for the child the family is seeking support for.

Where and when?

Venue	Dates and times
TBC (depending on referrals)	TBC (depending on referrals)

How do I refer a parent/carer?

In order to make a referral please complete all sections on the 'parenting group referral form' and return it to Michaela.clapson@hounslow.gov.uk

or Addressed to:

Michaela Clapson, Children's Centre Service
Co-ordinator, Chiswick Children's Centre,
9 Devonshire Street, W4 2JR

Please only refer families to one programme. After your referral we will contact parents to carry out a pre-group assessment. If it is felt they are less likely to benefit from the Incredible Years we will discuss other options with you, the parent/carer and young person. There will be a crèche provided for children of a non-school age. The groups are free and parents/carers will receive free handouts and materials. There is a leaflet available for parents/carers please contact us for a copy of this if you do not have one.

We welcome your referrals