

The Incredible Years group visits:

* Play
* Praise
* Coaching
* Boundaries
* Rules
* Commands
* Consequences
* Calming Techniques
* Problem Solving
* Emotional Regulation

***“I felt nervous about coming to the group, but now I feel excited.***

***I didn’t realise that my mood and behaviour affected my son, now I know the power of modelling behaviours I want to see more of”.***

The Incredible Years program is an evidence-based program shown to strengthen positive parent-child interactions and attachment, reduces harsh discipline and fosters parents’ ability to promote children’s social, emotional, and language development.



**Venue:**

Longton Children’s Centre, School Lane, Longton, PR4 5YA

**Start:**

Wednesday 22nd January 2025

(Welcome week)

Course begins 29th January 2025

**Time:**

12.30 – 2:30pm

**Course Length:**

14 weeks (excluding school holidays)

**Email:**

vcl.019.theparentingteam@nhs.net

**Phone:**

*0300 247 0040*

September group