## INCREDIBLE YEARS





Section.

Coaching

Praise Encouragemen

Distract Redirect Clear Limits

Household Rules

PARENT SKILLS & STRATE

Rewards

Celebrations

## **School Age Programme**

The Incredible Years School Age group work programme is primarily aimed at parents/carers of children aged 5-12. It works to strengthen parent-child interaction and attachment.

## Parents will be supported to:

- Promote positive behaviours in their school age children
- Reduce challenging behaviour and promote problem solving skills
- Promote their child's social, academic and emotional development
- Set rules regarding computer, TV etc use
- In the parenting groups trained Incredible Years facilitators use video clips of real life situations to support training and stimulate group discussion.



Use liberally.

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## Thursday 15th April 2021, 10.00am - 11.30am 12 weeks via zoom

Programme available to parents in Southern Trust area only For further information/referral form contact Lorraine O'Neill: Email: parenting.partnership@southerntrust.hscni.net Mob: 07880 474 747