



INCREDIBLE YEARS



High Peak and North Dales Area 2018

Incredible Years is a 12 week course aimed at parents of children who want help with everyday parenting skills and families that have children with challenging behaviour. They are running each school term at different venues throughout the High Peak aimed at Parents and Carers with children aged 1-8 and 8-13 years of age.

Next course starts Tuesday May 1st 2018 from 10am – 12pm @ New Mills Adult Education Centre, Spring Bank, SK22 4AZ

Please contact your local Multi-Agency Team for more details of courses running within your area

Areas Covered (1-8)

- Child Directed Play
- Academic and Persistence Coaching
- Social and Emotional Coaching
- Effective Praise and Encouragement
- Motivating through Incentives
- Establishing Routines and Rules
- Effective Limit Setting
- Ignoring Misbehaviour
- Time out to Calm Down
- Natural and Logical Consequences

Areas Covered (8-13)

- Goals and Importance of Parental Attention and Special Time
- Effective Praise and Encouragement
- Motivating Children through Incentives and Rewards
- Rules, Responsibilities and Routines
- Predictable Learning Routines and Clear Limit Setting
- Ignoring Misbehaviour
- Teaching Time Out to Calm Down