

## Confidentiality

Everything we talk about during the group stays within the group. If you want to discuss your own experiences with others that is OK. All we ask is that parents/carers **do not talk about the experiences of others outside the group**. We will talk about this more during our first session.

We will also write to the person who has referred you to the Incredible Years, and to your child's doctor (GP), at the beginning and end of the course. You will get a copy of all the letters that we send out.

If you are interested in finding out more about the Incredible Years or would like to book a place on this course then let your worker know. Your worker will then arrange a meeting for one of us to meet with you both to tell you more about the course.

You can also self- refer by contacting:

Wendy Hart at The Ross Centre 01524550650

[wendy.hart@lancashirecare.nhs.uk](mailto:wendy.hart@lancashirecare.nhs.uk)

# The Incredible Years!

## A Group for Parents/Carers with Children with Behaviour Difficulties

- ★ Do you have a child aged 6-12 years?
- ★ Do you sometimes find being a parent/carer tough and stressful?
- ★ Do you find it difficult to manage your child's behaviour?



If YES, then you are not alone - lots of families have similar worries and experience these kind of difficulties.

Would you like to learn more about how to manage your child's behaviour, have a better relationship with your child, and meet other parents/carers in the same situation?

If YES, then the Incredible Years is for you!



# A Group for Parents/Carers with Children with Behaviour Difficulties

## What is the Incredible Years?



The Incredible Years has been especially designed to help parents/carers manage their child's difficult behaviour, including ADHD and conduct disorder. Often, these behaviours can impact on the whole family. Children who show difficult behaviours often feel bad about themselves too. It will also help you to have a better relationship with your child and to help improve your child's confidence.

## When and Where?



The Incredible Years is being held at **Poulton Neighbourhood Centre, Clark St, Morecambe**. It will be on a **Thursday from 9.30am to 12pm, starting Thursday 12<sup>th</sup> October 2017**. The Incredible Years course lasts for 13 weeks in total, but does not run during school holidays. You will be expected to attend all of sessions. If you are unable to attend any of the sessions then please let us know as far in advance as possible.

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## What will we be doing?

You will be with parents/carers who are experiencing similar difficulties with their child to you. The group will be led by Wendy Hart (Primary Mental Health Worker) and Janet Stuart (Family Support Worker) Morecambe Bay school.

The Incredible Years is split into three parts:

1. Improving the relationship between you and your children.
2. Increasing your child's compliance and managing difficult behaviour.
3. Effective discipline.



It is important that you attend all 3 parts for the Incredible Years to be helpful to you

Each week we will discuss different skills and practice these together so that you feel comfortable doing them with your child at home. Drinks and snacks will be available at the start of the sessions and during the break.



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