

For parents of  
toddlers aged:  
**3 – 6 Years**

## **Incredible Years Pre-School Programme**

### **What is this programme?**

This programme works well for all parents and for parents who have concerns about their child's behaviour.

### **The programme aims to:**

- Increase positive interaction between parent and their child, and enable more effective responses to specific behaviours.
- Decrease behaviour problems and increase positive behaviour and social skills.
- Enhance parents' confidence about parenting skills.

### **Where are the programmes delivered?**

The groups take place in Islington Children's Centres.

### **Session details:**

Length of programme: 12-14 weeks (after initial introductory session). Each session is 2 -2 ½ hours. Parents also receive a weekly call by the group facilitator in between group sessions to help put ideas into practice at home.

### **Information about content:**

- 1) Strengthening children's social skills, dealing with emotions and school readiness through sessions on child directed play, home learning and social and emotional coaching.
- 2) Using praise and incentives to encourage co-operative behaviour through sessions on the art of effective praise and encouragement and motivating children through incentives.
- 3) Effective limit setting through sessions on rules, responsibilities, routines and effective limit setting.
- 4) Handling misbehaviours through sessions on limit settings and follow through; avoiding and ignoring misbehaviour/ time out to calm down; other consequences; teaching children to problem solve.
- 5) Enhancing effective communication between adults and children through sessions on giving and getting support.

### **How it can be accessed:**

Look at the programme timetables for details. Parents can call the Children's Centre where the group will take place and register their interest. Parents will be called by one of the facilitators and invited to the introductory sessions. Alternatively, parents can attend the introductory session to find out more.