

For parents of
toddlers aged:
1 -3 Years

Incredible Years Toddlers

What is this programme?

For all parents (especially parents worried about difficulties with bonding or parenting; and parents whose children are at risk of developing behaviour problems).

The programme aims to:

- Increase positive interaction between parent and child
- Decrease behaviour problems and increasing social skills
- Increase parents' confidence and parenting skills

Where are the programmes delivered?

The groups take place in Islington Children's Centres.

Session details:

Introductory session followed by 13 weeks. 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) Child directed play and child development
- 2) Promoting toddlers' language and promoting pre-school reading skills
- 3) Social and emotional coaching
- 4) The art of encouragement and praise
- 5) Identifying positive behaviour and giving appropriate rewards
- 6) Handling separations and reunions and establishing predictable routines
- 7) Positive discipline – effective limit setting and handling misbehaviour.

How to join the programme:

Look at the programme timetable 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 session. Alternatively, parents can just attend the introductory session to find out more.