

INCREDIBLE YEARS (IY)

Common things IY helps Parents with:

- Building a healthy, lasting, positive attachment with your infant or child
- Safely having your child follow more rules at home
- Your child does less hitting and yelling at school and at home
- It is easier for your child to make friends
- Your child understands their feelings
- Your child has more problem solving and coping skills
- Your child gets ready for school and cooperates with their teacher
- Knowing more safe parenting skills

Programs Offered

- Preschool BASIC program for parents of children ages 2-8, lasting 18 weeks
- Toddler program for parents of children ages 9 months to 2 years, lasting 13 weeks
- Infant program for parents of infants 0-9 months, lasting 8 weeks

What is IY?

A parent training program that focuses on strengthening your parenting skills. It is made up of five levels that build on one another, as seen on this pyramid.

You will meet with trained facilitators and a group of parents for **2 ½ hours** every week. At each session, real family situations and skills on managing them are discussed. You will be shown short video clips of parents interacting with children and you will get to practice the new skills.

Who Benefits from IY?

- Parents or caregivers needing help to safely parent young children who are acting out aggressively and having a hard time following rules at home and at school
- In two-parent families, both parents are encouraged to attend the same training session. In single-parent families, the parent is encouraged to bring along another adult who can assist and support the family with practicing the strategies learned in each session.

For every IY session

- ✓ Childcare is available on site. For the infant group, parents bring babies to group with them
- ✓ Food is provided for your family
- ✓ Help with transportation is also available

www.incredibleyears.com

