



School Newsletter

The Incredible Years



Have you heard about The Incredible Years?

The Incredible Years Parenting Programme is a free course for all Park End Primary parent/carers with children aged 3-8, starting July 2022. It is delivered by Mr Kumar, in partnership with CAMHs.

What is it?

We know that being a parent can be a tough job and there is no rule book - it has its highs and lows. The Incredible Years Programme supports and helps parents/carers to strengthen family relationships, understand your child's emotions and manage their behaviour in a positive way. The programme will provide tools to help your child learn and succeed in life and help you to continue to build a positive relationship with your child, making parenting fun and easier.

How will Incredible Years help you?

- Learn skills to use in play to improve sharing, turn-taking, etc
- Help your child to feel better about themselves
- Help your child understand their emotions
- Manage their anger, frustration and how to stay calm
- Bring out the best in your child using praise and rewards
- Provide group support with others in similar situations as you

What happens in Incredible Years?

You will attend weekly, face to face sessions in a small group. You will also get 1-1 support from your co-facilitator/leader with follow up calls.

Does it work? Parent Feedback

"I feel more confident and not alone, as many parents face similar things."

"My relationship with my daughter has become a happier and stronger bond."

"It helped me to become a better parent. And a more confident person, seeing I am doing a good job and not failing as a parent."

"It's been amazing. I am calmer when dealing with situations and take more time for myself as well."

If you are interested or have want to find out more, contact Mr Kumar on 01642 314309.