

## Incredible Years Programme

### 2022 testimonial

During my time spent on the programme for my son, I found that different techniques worked really well for him however, some did not. This said the ones that I found did not work well for him worked really well for other children and parents.

I still use the programme today for my son and I have took it into my everyday parenting with my daughter. When the techniques seem to not be working I will go back to the beginning of the programme and do direct play this then influences them to open up to me and promotes their competence. I have also found that it has been effective in his emotional development as he is becoming more open to others, which was one my main worries and took the longest to achieve, as it has only been recent that I have seen a progressive change. This is shown to me that the incredible years programme works really well if it is taken into consideration and influenced on the child effectively and continuously that you will be able to change the challenging behaviours and you will find long-term results.

The leaders on the programme where a great help and I would not have been able to have the relationship that I have with my son today if it was not for the programme as I personally think he will have become more withdrawn as the time had gone on. They delivered the programme effectively and always reassured me as they communicate really well with it been delivered online through teams and also regularly checked on us without been online as they would contact through the phone or in the playground. We all participated in a group and all supported one another with our findings.

My son and myself have had an amazing amount of support of Bitoo Kumar, who has supported me and my son amazingly from the moment I asked for help. He reassured me and has put things in place or gave me advice with any issue I have came forward with whether it was barriers or behavioural/emotional issues. He has also built a relationship with my son that is on his level and understanding which is beneficial for me and my son this helps when I have challenges with my son. During the six weeks holidays he was also a message away and always is if I need advice or help. I still continue to receive support of Bitoo and we have an amazing understanding, which makes it more comfortable for me to come forward with any issues I have. I personally would say again how I do not know where I would be today without the support and understanding I have received of Bitoo Kumar, and the patience he has had for me and my son. He has always taken or found the time to help us.

Thank you for allowing me to be part of the programme as it has honestly changed my relationship with my son and helped me understand him more which has knocked barriers down that we had and gave me a chance to become a more understanding parent for him.