

*After hearing about the Incredible Years programme via our son's school we decided we needed to try, not only to help ourselves but to help out little boy more.*

*I noticed his behavioural problems around aged 2 but my partner kept telling me he was just being a 'boy'. However, when my son's nursery teacher started noticing his excessive energy levels along with other things we decided we needed help.*

*Home life was too chaotic, always feeling like we were stuck in a rut and walking on egg shells to try and keep the outbursts to a minimal, especially as we have a younger child and she would often get the brunt of the anger. The best thing we done was voice our concerns to our son's school and had regular chats with his nursery teacher.*

*When the opportunity for the Incredible Years Programme came to the school we were asked along for a coffee morning. The leaders Jude, Tarni and Bitoo have been amazing through our new learning curve.*

*After our first meeting listening to how the course works, my partner was really sceptical. He couldn't help but think how it wouldn't work and how they would just try and teach us how to 'parent'. After feeling like such bad parents for so long we knew we had to give it a try for our boy.*

*Now I'm not saying it's all sunshine and rainbows, we still have hard days now, but without this programme we would be 100 miles behind where we are now. Persistence and perseverance is key for this course, but the strategies and tools given by your leaders will make a whole lot of difference.*

*My partner is literally eating his words and we would advise anyone to take part in this course!*

*Thanks for everything Kumar 😊!!*