

What will I be doing?

We use everyday examples to help you recognise and find your own solutions for your own child's circumstances. We watch some video clips in the group, discuss the benefits and barriers of those ideas and offer the chance to practice these skills within the group. Every week there is some time to share experiences of the home practice.

Quote from a parent:

"The thing I liked most was that everyone in the group was supportive and understanding; it made me feel like I wasn't alone"

How many people will be there?

There are a maximum of 12 parents in each group and up to three group facilitators. The facilitators have been specially trained to deliver this programme but are also experienced and trained professionals working in various health, education and social care services.



The Incredible Years

The Groups are coordinated by Child Adolescent Mental Health Service as part of an evidence based intervention. For more information telephone 0191 283 2376

Any Queries or comments please contact the main office at:

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South Tyneside 
NHS Foundation Trust

The Incredible Years

Making parenting easier and fun

Questions and answers



The Incredible Year for parents

Why is this a good programme?

The Incredible Years Parenting Programme was devised by Carolyn Webster-Stratton, a Psychologist in America. She has worked for nearly 30 years with children and families and developed this programme to help parents manage and reduce difficult and disruptive behaviours. It is recommended by NICE as a well researched programme with good outcomes



All Children can misbehave for a variety of reasons, and, if this becomes a habit, parents may feel overwhelmed at times. This group give you the opportunity to be with other parents, to share ideas and try out practical activities at home.

Is there a cost?

You can come to the group for free of charge.

When does the group meet?

The group meets for 2½ hours per week for 14 sessions, morning or afternoons, during the school day and during the school term.

How will this group help?

The Programme aims to help you to:

- Enjoy spending special time together to strengthen your relationship
- Show interest though play to improve sharing, turn taking, etc.
- Help your child with friendships
- Help your child to feel better about themselves
- Manage anger frustration and how to feel calm
- Bring out the best in your child using praise and rewards
- Listen and talk together
- Cope and feel in control
- Believe in yourself as a successful parent



Who can come along?

Mothers, fathers, carers or relatives involved in the care of your child are invited to attend. This can help when practising the home activities. Children do not attend these sessions.

What if I have special needs?

If you have any special needs, disabilities or individual requirements please discuss these needs, in confidence, with a facilitator.

Are refreshments on offer?

Tea/coffee/juice is offered at no cost. If you have any special requirements please discuss this with a facilitator.

Do I need to come every week?

Attendance at the first two sessions is essential to gain an understanding of the programme. To get the maximum out of the group full attendance is encouraged. If you are unable to attend we ask you to contact the facilitators.

Do I need to bring anything with me?

We will provide you with an Incredible Years book free of charge to support the programme and remind you of the ideas discussed within the group.