



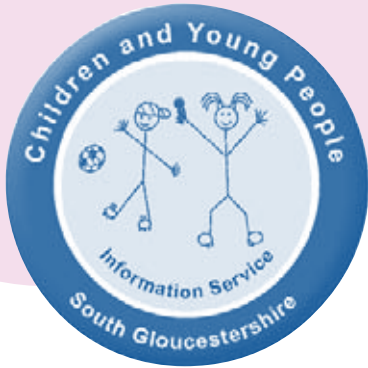
Information Service

The Incredible Years

What is the Incredible Years?

The Incredible Years is a 14 week parenting course for the parents and carers of children aged 3 – 6. The course runs regularly throughout the year at venues around South Gloucestershire.





What is covered on the Incredible Years?

Over the 14 weeks of the course 4 key topics are covered. These are:

- Strengthening children's social skills, playing and having fun with your children.
- Using praise and incentives to encourage good behaviour.
- Rules, routines and effective limit setting.
- Handling misbehaviour.

How is the course run?

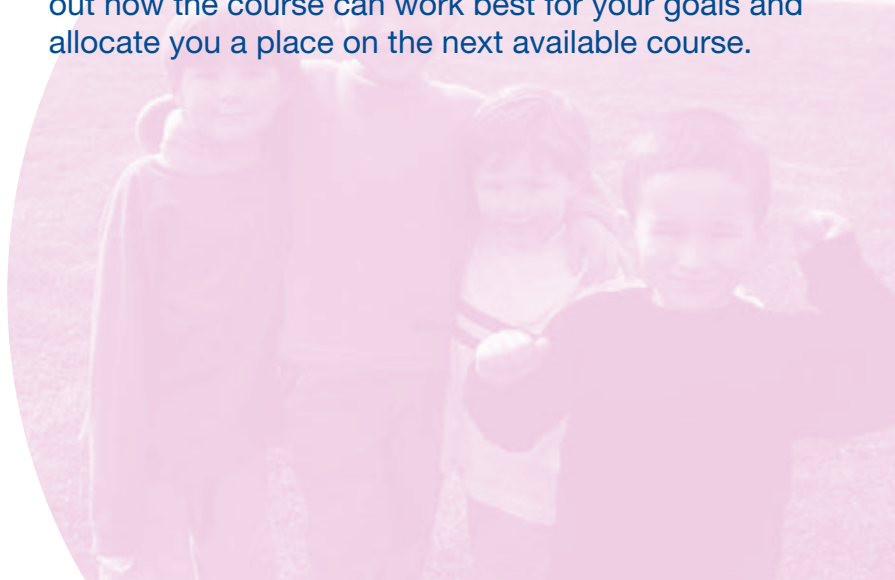
The Incredible Years course is run by the Parenting Consultancy Service. Each course is delivered by 2 facilitators who are experienced in working with children and their parents and families.

Courses are run in groups of up to 12 parents and carers. Each session lasts for 2.5 hours with a short coffee break in the middle. Ideas are shared through a mixture of discussion, group activities and watching DVDs. Each week group members will be given notes to take home and things to practice with their children.

What do I do if I'm interested?

You can contact the Parenting Consultancy Service directly by any of the methods on the back of the leaflet.

We will then invite you to the next information session about the parenting courses where you can find out more information, ask questions and decide if the course is right for you. We then visit you at home to find out how the course can work best for your goals and allocate you a place on the next available course.



Where can I find further information?

Please contact the

**Children & Young People Information Service on
01454 868008**

or South Gloucestershire Council's website

www.southglos.gov.uk

or 1 Big Database

www.1bigdatabase.org.uk

or The Parenting Consultancy Service

01454 866051

parenting.courses@southglos.gov.uk

This information is also available in other languages, in large print, Braille or on audio tape. Please phone **01454 868008** if you need any of these, or any other help to access Council services.

