

**The Incredible Years**

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**Information for parents and carers**

Our Incredible Years Parent Group runs every week on a Thursday morning between 10am and 12pm. A new group is starts every term so parents and carers of all new pupils get the opportunity to join as group shortly after their children have joined the school.

The programme runs over 12 weeks – each week we look at different ways in which we can promote children’s positive behaviours and builds upon the content from the previous week, so parents are encouraged to attend even if they are running late or have missed a session.

We always have fun trying out new ways of parenting and we encourage more practice at home in between sessions. Parents are encouraged to share their experiences of trying out new skills/techniques at the start of each session - we love hearing how different children react in different ways as we know what works for some families may not work for others!

The Incredible Years programme follows a very specific pattern and focuses first on strengthening relationships between parents/carers and their children before moving on to encouraging behaviours we want to see more of. Dealing with more challenging behaviour is addressed later on in the 12 week programme. We always encourage our parents to understand that the more time spent on strengthening relationships and encouraging positive behaviours means that there will be less opportunity for negative behaviours that may have developed over time.

We love to hear from our parents and invite regular communication to discuss ideas or chat about how the home activities are going between sessions. As a group, we learn so much from each other every week and know that our parents feel confident that the sessions are a supportive and safe environment to help nurture positive links between home and school.

Over the past four terms :

* 91.5% report their children’s behaviour to feel less out of control after completing the programme than at the start
* 70.5% report that their children’s behaviour had improved in the home setting
* 83% report that they felt more confident in their parenting skills
* 75% report that they enjoy the time they spend with children far more than before the joining our group