

FEEDBACK FROM PARENTS/CARERS

"I confidently know how to use the parenting tools. Every parent can benefit from this course! Amazing! Do it!"

"Calmer house, calmer me, less helpless."

"Playing more with my children and staying calm."

"I realise I am not alone with challenges we face as parents."

"I feel empowered when I use a parenting tool that is evidence-based."

"I have loved taking part in this course. Would recommend it to any parents! The tools I have learned from this course have had a massive, positive impact in our home."

Shetland
FaMiLY
Centre

Join thousands of families across the country who have benefited from the support and tips Incredible Years provides for families

For more information contact:

Shetland Family Centre,
SIC Children's Services,
28 Burgh Road, Lerwick, Shetland, ZE1 0LA



shetlandfamilycentre@shetland.gov.uk



01595 745400



facebook.com/shetlandfamilycentre

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Visit our website

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Incredible
Years®

FREE courses for parents and carers of 3-11 year olds



**making parenting
easier & fun**

NHS
Education
for
Scotland



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How will The Incredible Years help you?

- Learn skills to use in play to improve sharing, turn taking, etc
- Help your child with friendships
- Help your child feel better about themselves and develop confidence
- Manage anger, frustration and how to stay calm
- Bring out the best in your child using praise and incentives
- Peer support with others in the same situation as you
- Believe in yourself as a successful parent
- Enjoy spending time with your children

In person groups

- 2 hour weekly meetings for 14 weeks
- 14 people max per group and 2 facilitators
- One to one phone support
- Course book and handouts provided
- Tea & Coffee provided
- Help available with transport costs
- Free creche

Online groups

- 1 hour 30 mins weekly meetings for 14 weeks
- 14 people max per group and 2 facilitators
- One to one phone support
- Course book and handouts provided

Weekly sessions

Week 1

Child directed play

Week 2

Child directed play
promotes positive relationships

Week 3

Play – Academic and persistence coaching

Week 4

Play - Social and emotion coaching

Week 5

The art of effective praise
and encouragement

Week 6

Effective ways to praise using
tangible rewards

Week 7

Establishing routines and household rules

Week 8

Effective limit setting

Week 9

Effective limit setting and follow through

Week 10

Ignoring children's inappropriate behaviour

Week 11

Time out to calm down

Week 12

Time out for aggression and noncompliance

Week 13

Natural and logical consequences

Week 14

Teaching children to problem solve