

# THE INCREDIBLE YEARS® PARENTING PROGRAMMES



The Incredible Years® is a series of interlocking, evidence-based programmes for parents, children and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence. The programmes are used worldwide in schools and mental health centres, and have been shown to work across cultures and socioeconomic groups.

## PARENTS AND BABIES PROGRAMME

### TARGET GROUP

Parents and caregivers of babies (age 0 - 10 mths)

### WORKSHOP DURATION

9 sessions of 2 hr per session

Session	Topics
1	Getting to Know Your Babies
2	Babies as Intelligent Learners
3-4	Providing Physical, Tactile and Visual Stimulation
5	Parents Learning to Read Babies' Minds
6	Gaining Support
7-8	Motivation
9	Putting It Altogether

## TODDLER / PRESCHOOL / SCHOOL AGE PROGRAMME

### TARGET GROUP

Parents and caregivers of children (age 3 -12 yrs)

### WORKSHOP DURATION

8 weekly sessions of 3 hr per session

Session	Topics
1	Parental Attention and Special Time
2	Academic and Persistence Coaching
3	Social and Emotion Coaching
4	Effective Praise and Encouragement
5	Motivation Strategies
6	Rules Responsibilities and Routines
7	Clear Limit Setting
8	Putting It All Together



### ENQUIRY / REGISTRATION

Scan the QR code now for more workshop details!

Supported by:



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