

Your Incredible Child

Basic -

*For parents of children aged 3–6
years—14 weekly sessions*
or

School Age -

*For parents of children aged 6–11
years—12 weekly sessions*

Join us to learn ways to —

- Strengthen your child's social skills and play skills (turn taking, waiting, asking, sharing, helping, complimenting)
- Promote your child's self control strategies and problem solving abilities
- Help your child to identify his/her own feelings and emotions, and realise how others may feel
- Reduce defiance, aggressive behaviour and related challenging behaviours in your child, such as non-compliance, bullying, stealing and lying
- Help your child to recognise the positive side of situations and the conflicts
- Increase your child's confidence and self esteem and develop a positive parent-child relationship
- Recognise and show the positive and nurturing aspects of parenthood
- Exercise positive discipline, such as encouragement and reward, to develop and modify your child's behaviour
- Use your own behaviour as a model for your child to copy, such as problem solving or managing anger
- Develop relationships with other professionals, such as teachers, tutors or school nurses, to work together to improve outcomes for your child.

Contact Us

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Incredible Years Co-ordinators:

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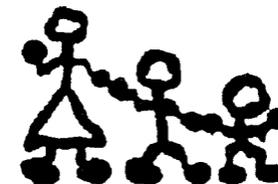
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Children & Young People's Partnership
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Registered Charity No: 1097940/SC038092/Company No: 4764232

Cynnal Plant Powys

Incredible Years Parent Groups

Information Leaflet for Parents/Carers




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Who We Are

Cynnal Plant Powys is run by Action for Children, which is one of the largest children's charities in the UK.

We are a team of workers who help families with children aged 0-11 years. We provide family & behaviour support to children and their families who are experiencing some difficulties.

We provide Incredible Years groups where parents get together with each other and experienced professionals to talk about the pleasures and challenges within their families and discover other ways of coping with their children's behaviour.

About Incredible Years

Each programme consists of weekly group sessions delivered by a trained practitioner. It uses a collaborative approach, encouraging parents to learn from each other. Sessions include a variety of techniques including role play, group discussion, 'homework' and DVDs. Practical support, such as child care and snacks, is provided and is a key element of the programme, as well as helping to promote attendance.

Incredible Years Programmes suit a range of families, including children with ADHD, reading difficulties, language delays, attachment problems, internalising disorders, and divorcing parents.

Your Incredible Baby *for parents of babies 0-6 months old*

Eight weekly sessions, covering topics like:

- Getting to know your baby
- Understanding your baby's cues and signals
- Communicating with your baby
- Learning about feeding and burping
- Learning about coping with your baby's crying and fussy periods
- Understanding the importance of getting rest and support and shifting priorities
- Providing babies with visual, auditory and physical stimulation
- Know when your baby is sick and when to call the doctor
- Learning about soft spots, baby acne, sleep habits and normal bowel movements
- Learning how to baby-proof your home
- Learning how your baby develops in the first months

Refreshments provided and free crèche available for older children—babies stay with parents during the sessions

Your Incredible Toddler *For parents of children aged 1–3 years*

12 weekly sessions, covering topics like:

- Noticing and appreciating when your toddler is behaving well.
- Encouraging your toddler to develop his/her own ideas
- Being a positive role model for your toddler
- Understanding when your toddler can decide and when you are 'boss'!
- Understanding your toddler's point of view and developmental ability
- Using play to develop your toddler's self-esteem and creativity
- Using praise to encourage your toddler's positive social behaviour
- Stimulating your toddler's imagination and creativity
- Enjoying your toddler through playing and singing
- Learning about your toddler's development and 'milestones'

Refreshments provided and free crèche available

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