

Incredible Years

Programme Content

Incredible Years is a 12-week programme suitable for mothers, fathers, grandparents and any other adults who have responsibility for caring for children aged 0-12 years and the teachers of these young people. The programme has two strands:

- BASIC Parenting Programme (0-5 years)
- BASIC Parenting Programme (school-age version, for ages 5-12)

Incredible Years is a free programme and runs in some Children's Centres, schools and community venues. Each session lasts for two hours and include vignettes, discussions, role-play and home activities. Telephone support is also provided between sessions.

Incredible Years is for parents/carers with children who are in danger of developing a disruptive behaviour disorder such as Oppositional Defiant Disorder (ODD), Conduct Disorder (CD) or Attention-Deficit Hyperactivity Disorder (ADHD). The programme helps families to:

- Become positive parents
- Move away from using harsh discipline
- Manage their children's behaviour better
- Support their children to cope better with social situations.

Access Pathway

Access to the programme is predominantly following a diagnosis of a disruptive behavioural disorder by:

- The Community Child and Adolescent Mental Health Service (CCAMHS)
- The Educational Psychology Department
- The EBD Team
- The Child and Family Department
- The Key Stage 1 Behaviour Intervention Team
- The Key Stage 2 Behaviour Intervention Team
- The School Nursing Service.

Parents wishing to access the programme or agencies wishing to refer their clients on to the programme may also be able to secure a place by contacting the Family and Parenting Team on (0191) 443 2908.

2009/10 Parent Feedback

As a result of doing the programme:

- 80% of parents have more confidence

- 60% feel happier
- 70% praise their children more
- 60% listen to their children more
- 30% of parents have more time for themselves
- 50% cope better
- 40% shout less
- 50% have made new friends
- 30% understand their children more
- 50% manage their children's behaviour better
- 20% set limits for their children
- 50% talk to their children more.

Next Steps for Parents

- A top-up session, which all parents who have attended Incredible Years will be invited to and at which they will be able to discuss their family's progress and access further support
- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.