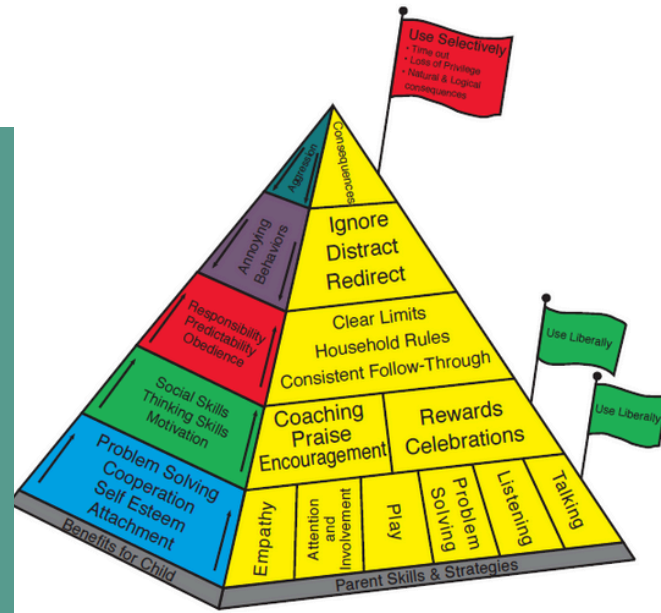


A GROUP FOR PARENTS/CARERS OF CHILDREN WITH BEHAVIOUR DIFFICULTIES

- Do you have a child aged 6-12 years?
- Do you sometimes find being a parent/carer tough and stressful?
- Do you find it difficult to manage your child's behaviour?



If YES, then you are not alone - lots of families have similar worries and experience these kinds of difficulties.

Would you like to learn some strategies to manage your child's behaviour, have a better relationship with your child, and meet other parents/carers in the same situation?

If YES, then the Incredible Years is for you!

WHAT IS THE INCREDIBLE YEARS?

The Incredible Years has been specially designed to help parents/carers manage their child's difficult behaviour, including ADHD and conduct problems. Often, these behaviours can impact on the whole family. Children who show difficult behaviours often feel bad about themselves too. It will also help you to have a better relationship with your child and to help improve your child's confidence.

WHAT WILL WE BE DOING?

The Incredible Years School-Age Programme is in 3 parts:

- ① Improving the relationship between you and your child
- ② Increasing your child's social competence and cooperation
- ③ Helping you to identify and manage difficult behaviour using specific strategies

It is important that you attend all 3 parts for the Incredible Years to be helpful to you. Each week we will discuss different skills and practice these together so that you feel comfortable doing them with your child at home.

WHEN AND WHERE?

The Incredible Years is currently being held at Whitegate Health Centre from 10am to 12pm. The Incredible Years course lasts for 14 weeks in total, but will not run during the school holidays. You will be expected to attend all of the 14 sessions. If you are unable to attend any of the sessions then please let us know as far in advance as possible. If you are unable to attend more than two sessions, you are unlikely to get the most out of the group, so you will be discharged from that group. You could attend another group at a later date though.

PROGRAMME OVERVIEW

• THE IMPORTANCE OF PARENTAL ATTENTION AND SPECIAL TIME

Child directed play and spending quality time together helps improve children's self-esteem, and their social, emotional and cognitive development. Special time with you can give your children the chance to reduce their feelings of anger, fear and inadequacy, and provide experiences that enhance feelings of control, success and pleasure.

• SOCIAL, EMOTION AND PERSISTENCE COACHING

Coaching your child during special time and day to day activities will help to build their confidence by keeping going with tasks, improve social skills, and increase their ability to recognise and cope with their emotions.

• EFFECTIVE PRAISE AND ENCOURAGEMENT

Research indicates that a lack of praise and attention for appropriate behaviours can lead to an increase in misbehaviour. Praise increases self-esteem. By modelling self-praise for our children, we teach them how to internalise positive self-talk to themselves.

• MOTIVATING CHILDREN THROUGH INCENTIVES AND REWARDS

Social rewards are used to reinforce the small steps and efforts children make to master a new skill or behaviour. Tangible rewards are usually used to reinforce the achievement of a specific goal. You can use tangible rewards in one of two ways spontaneous reward or to plan in advance with your child which behaviours will result in a reward

• RULES, RESPONSIBILITIES, AND ROUTINES

Giving children rules and responsibilities gives them boundaries, helps them feel secure and helps improve self-esteem, which in turn helps to increase their positive behaviour.

• CLEAR AND RESPECTFUL LIMIT SETTING

Giving effective commands does not require you to be authoritarian and rigid or to expect 100 percent compliance from your children. Rather, the emphasis is on thinking carefully before giving a command to be sure that it's necessary and that you're prepared to follow through with the consequences if they don't comply.

• IGNORING MISBEHAVIOUR

Consistency is essential when using ignore. It is used for non-risky behaviours and you must be determined to ignore that behaviour until it stops. Although ignoring will decrease annoying misbehaviours, it will not increase positive behaviour. To do this, it must be combined with social approval for good behaviour as well as teaching about appropriate behaviours when your child is behaving well.

• TIME OUT TO CALM DOWN

Learning to calm down and regulate your emotions is a skill for life, but using time out with children should be used sparingly, only for aggressive behaviours. If your child struggles with self-regulation they are probably getting attention for negative behaviours, so it is really important to be doing lots of special time, coaching and praise to help them to recognise they get attention when they are behaving calmly.

• NATURAL AND LOGICAL CONSEQUENCES

Consequences need to be immediate, short, to the point, proportionate to the behaviour, and then to quickly offer your child a chance to try again and be successful. Long consequences make children and parents feel cross and resentful. It does not allow children any new opportunities to be successful in handling the situation. We need to give children new learning opportunities to try and get it right, otherwise they will not learn from their mistakes.

CONFIDENTIALITY

Everything we talk about during the group stays within the group. If you want to discuss your own experiences with others, that is ok. All we ask is that parents/carers do not talk about the experiences of others outside the group. We will talk about this more during our first session.

We will also write to the person who has referred you and to your child's doctor (GP) at the beginning and end of the course. You will get a copy of all the letters that we send out.

If you are interested in finding out more about the Incredible Years or would like to book a place on this course then you can contact us using the details attached.



**REBECCA
BROWN**

&

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