

Impact Parenting

THE INCREDIBLE YEARS

Child ages: 0 to 8 months

Class duration: 12 weeks

Method: Interactive
facilitator-led parent and
child group

**Certificate upon successful
completion and mastery.**

*Parent transportation assistance,
child transportation assistance and
meals are provided.*



The Incredible Years is a comprehensive, evidence based practice program improving parent-child relationships, self-esteem, peer relations and school readiness.

This course uses group discussion, videotape modeling, and rehearsal intervention techniques to assist parents and caregivers living and working with children. The series is designed to prevent, reduce and treat conduct problems among these children and to increase their social competence.

Baby competency development

- Optimal social emotional development
- Secure attachment with parents
- Baby's emerging sense of self

Parent competency development

- Increase parent-child bonding
- Understand developmental milestones
- Increase positive communication skills
- Improve limit-setting skills using positive discipline and calming techniques
- Improve understanding of predictable routines, safety and monitoring
- Strengthen problem-solving skills, anger management and depression management



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