

# Impact Parenting

## THE INCREDIBLE YEARS

**Child ages:**  
9 months to 2 years

**Class duration:** 13 weeks

**Method:** Facilitator-led  
parent group

**Certificate upon successful  
completion and mastery.**

*Parent transportation assistance,  
meals and child care 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 increase their social competence.

### **Toddler competency development**

- Optimal social emotional development
- Secure attachment with parents
- Preschool readiness with self-regulation, cooperation, self-confidence and pre-reading skills

### **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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