

The Incredible Years (Webster Stratton)

The incredible Years® parenting programme is an evidence based program developed by Carolyn Webster-Stratton. Using group discussions, skills practice, video clips and more.

The incredible Years programme covers the following

- ⇒ How to strengthen children's social skills and emotional regulation.
- ⇒ Techniques and guidance around 'playing' with your child.
- ⇒ Using praise and encouraging positive behaviour.
- ⇒ Positive discipline: Rules Routines Effective limit setting Ignoring negative behaviours Correct use of time out

An evidence based 14 week programme.

Ideal for parents who need to build on their attachment and relationship with their child/children.

Suited for parents with children aged 6 - 12 years, including children with ASC/ADHD or are awaiting a diagnosis.

Information for Professionals

Cheshire East Family Service

Parenting Courses in North



© The
Incredible
Years®



How to make a referral:

1. Referrer to discuss with families the parenting course and their commitment to attending.
2. Referrer to complete referral form and select the preferred parenting course.
3. Referrer to send completed referral form to:

parenting@cheshireeast.gov.uk

Please ensure that appropriate secure controls are in place such as egress or CISM. Please refer to your own organisation/agency guidance on the correct secure email method to use.

What happens next?

4. Allocation to course facilitators. Contact will be made with the parents to carry out a pre-group assessment which will determine their suitability for the course and whether a place will be offered.

Please note that the deadline for referrals is **4 weeks** before the course start date.

<u>Programme</u>	<u>Start Date</u>
Webster Stratton (Incredible Years) Face to face (Macc)	12th January 2022 9:30 am - 12:00 noon
Webster Stratton (Incredible Years) Face to face (Wilmslow)	January 2022 Date and time TBC
Webster Stratton (Incredible Years) Face to face (Macc)	27th April 2022 9:30 am - 12:00 noon
Webster Stratton (Incredible Years) Face to face (Wilmslow)	April 2022 Date and time TBC

123 Magic Parenting Course is:

An evidence based 4 week programme.

A simple and effective way of managing your child's behavior.

Suited for parents with children aged 2 -12 years, including children with ASC/ADHD or are awaiting a diagnosis.

123 Magic allows you to get back in charge of your home and enjoy your children again by helping you set limits and breaking down the complex task of parenting into 3 steps:

1. Controlling Unwanted Behaviours - Learn techniques to get children to **STOP** doing what you don't want them to do.
2. Encouraging Good Behaviour - Learn methods to get children to **START** doing what you want them to do.
3. Strengthen Relationships - Learn techniques that reinforce the bond between you and your children.



<u>Programme</u>	<u>Start Date</u>
123 Magic Virtual or Face to Face (Wilmslow)	Thursday 20th January 2022 10:00 am - 12:00 pm
123 Magic Face to Face (Macc)	Tuesday 8th March 2022 10:00 am - 12:00 pm
123 Magic Virtual or Face to Face (Wilmslow)	Thursday 5th May 2022 10:00 am - 12:00 pm
123 Magic Face to Face (Macc)	Tuesday 16th June 2022 10:00 am - 12:00 pm
123 Magic Virtual or Face to Face (Wilmslow)	Thursday 16th September 2022 10:00 am - 12:00 pm
123 Magic Face to Face (Macc)	Tuesday 10th November 2022 10:00 am - 12:00 pm

Triple P Group and Teen Parenting Course is:

Group and Teen Triple P are 8 week courses, offering group based support to parents of children aged 2 - 12 and teenagers.

It consists of four 2 hour group sessions, three phone call sessions then one 2 hour final session.

Triple P stands for Positive Parenting Programme and is designed to help you understand how your family works. It will also help you to:

- Understand positive parenting
- Encourage appropriate behaviour
- Manage problem behaviour
- Deal with risky behaviour
- Take care of yourself as a parent

During the course there will be a variety of activities and discussions which will ultimately help you to:

- Communicate effectively with your family
- Understand and manage difficult behaviour
- Build a better relationship with your teenager/child

<u>Programme</u>	<u>Start Date</u>
Triple P Group Teen (12-17) Face to face (Macc)	Tuesday 18th January 2022 10:00 am - 12:00 pm
Triple P Group Teen (12-17) Face to face (Wilmslow)	Wednesday 2nd March 2022 10:00 am - 12:00 pm
Triple P Group Teen (12-17) Face to face (Macc)	Tuesday 19th April 2022 10:00 am - 12:00 pm
Triple P Group Teen (12-17) Face to face (Wilmslow)	Wednesday 4th May 2022 10:00 am - 12:00 pm
Triple P Group Teen (12-17) Face to face (Macc)	Tuesday 13th September 2022 10:00 am - 12:00 pm
Triple P Group Teen (12-17)	Wednesday 2nd November 2022