

# The Incredible Years

Helping to raise happy, confident children.



**Our parenting courses are here to support you and your family.**

For Islington mothers, fathers and carers of 0-6 year olds.

Islington's Children's Centres are offering the internationally recognised **Incredible Years** parenting courses.

A chance to:

- increase confidence and positive parenting skills
- develop the best possible relationship with your child
- improve children's behaviour
- put new ideas into practice at home with support from trained group leaders

**There are three different courses on offer depending on the age of your child.**

**12-36  
Months**

## Incredible Years Toddlers

- For parents of 12- to 36-month-old toddlers
- 12 two-and-a-half hour sessions
- parents only (crèche provided)

### What's involved?

Lets you learn and understand about how toddlers develop.

Gives you the skills and confidence to support and nurture the development of your little one, whilst having fun.

**0-6  
Months**

## Incredible Years Babies

- For parents of 0-6 month old babies
- eight two-hour sessions
- babies come along

### What's involved?

Special time for you to get to know, understand and enjoy your baby in a safe and supportive setting.

Lets you learn about how babies develop in their first year and practise the skills to feel confident as a parent.

**2-6  
Years**

## Incredible Years Early Childhood

- For parents of children aged 2-6
- 12 two-and-a-half hour sessions
- parents only (crèche provided)

### What's involved?

Gives you the skills to use play, praise and rewards to bring out the best in your child.

Gives you the confidence to deal with difficult behaviour without losing your cool.

**“I found it very reassuring to realise I was not alone.”**

**“Some of the parents had very useful suggestions. There was no criticism of each other, but a lot of encouragement and praise.”**

**“I do not get so stressed, as now I have learned different ways to approach situations.”**

All quotes from parents who took the Incredible Years parenting courses

## **How do I find out more?**

You can contact your local children's centre or health visitor.

You can also contact the Family Information Service (FIS)

**T: 020 7527 5959**

**E: [fis@islington.gov.uk](mailto:fis@islington.gov.uk)**

**W: [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)**

Information about courses taking place in the local area

Affix label here