

Contact Details

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The Incredible Years

**Brief parent guided self-help for
children with mild-moderate
behavioural difficulties**

Dunstable CAMHS

Mental **H**health **S**upport **T**eam

NHS

East London
NHS Foundation Trust

Who is this intervention for?

The Incredible Years is an early intervention for parents and carers to promote the use of effective parenting techniques to manage children's challenging behaviour.

How can this help parents and carers?

We help develop parents and carers confidence by teaching with various techniques. This intervention can help with a range of challenging behaviour from children such as Tantrums, Sibling fights and Bedtime refusals.

What age range is this intervention suitable for?

The Incredible Years programme is most effective with parents/carers of children between the ages of 3 and 11 years.

How many sessions do I need to attend?

The intervention lasts for 8 sessions. Each session typically lasts for 1 hour and can be either face-to-face in school, in our CAMHS clinic or online via Teams.

What tools will I need?

To interact with this programme parents and carers will need to purchase the book and be committed to reading the associated chapters detailed below. If purchasing the book is a worry, your practitioner will discuss this with you 1-to-1.

“The Incredible Years: A trouble-shoot guide for parents of children aged 3-8 years” by Webster-Stratton 2019”

What will I learn in each session?

Here is an outline of what is covered in each session;

Session	Content	Associated reading
Session 1 (Week 1)	Role of attention & Special time / play	Intro & Chapter 1
Session 2 (Week 2)	Review special time / play and Coaching	Chapter 2, 3 and 4
Session 3 (Week 3)	Use of praise	Chapter 5
Session 4 (Week 4)	Use of rewards	Chapter 6
Session 5 (Week 5)	Clear commands & limit-setting	Chapter 7
Session 6 (Week 6)	Ignore technique	Chapter 8
Session 7 (Week 7)	Time out & consequences	Chapter 9 and 10
Session 8 (Week 8)	Review & problem-solving	

How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

Name of child:

Name of Parent/Carer:

Contact Number:

Intervention: Incredible Years

Date: