

FAQ

How long are the incredible years courses?

The groups vary in length according to group type:

Babies: 8 weeks

Toddlers: 12 weeks

Basic and School Age: 14 weeks

Who will be in the group?

Groups vary in size from 8-12 people and are a diverse mix of parents/carers. Remember just being a parent means you will already have something in common!

How long is each session?

Sessions run for 2 hours each week term time

Is crèche provided?

Yes but must be booked in advance.

Baby course is completed with your baby in the room with you.

Am I expected to attend all sessions?

Yes you are required to commit to attend all sessions to support your learning each week.

Where are the groups held?

Courses are run across the city in various community venues.

Contact Details: Parenting Programme Team

Tel: 0191 2759636

Email: parentingprogrammes@barnardos.org.uk

Address: Community Family Hub East Team, Byker Sands Building, 19 Raby Cross, Byker, NE6 2FF

The Incredible Years

Guide for Parents/Carers

Barnardo's lead on the City Wide Parenting offer with-in Newcastle.

The offer includes the following Incredible Years Programmes:

- Baby Incredible Years (0-6 months)
- Toddler Incredible Years (1-3years)
- Pre-School Incredible Years (3-6years)
- School Age Incredible Years (6-11years — Primary School)
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What happens in the group?

There is a great opportunity to meet other Parents/Carers with children of the same age. The programme really supports and encourages Parents/Carers to learn from each other's experiences. You all have something to share!

Our courses aim to help you to improve your relationship with your child. You will learn a range of skills and techniques to enable you to approach various behaviours reflecting the age and stage of development of your child.

Session will include:

- Group discussions
- Modelling
- Watching DVD clips
- Homework
- Practicing new ideas in the groups which you can then use at home.

All the Incredible Years Programmes aim to help you:

- Understand & use positive parenting techniques/strategies
- Strengthen the parent/carer—child relationship
- Give parents/carers the opportunity to meet with others in similar situations and share experiences
- Find out how to improve the home-school relationship

Quotes from Parents/Carers who have attended the programme

- *I'm a more confident mam*
- *It has brought the inner child out of me*
- *My child is autistic and I now understand my child's needs. Special time helps me to talk more with my child and understand them rather than blame them*
- *Seeing it from a child's point of view*
- *Using the tools has been really helpful*
- *I've missed having fun with my daughter and we have started to plan quality time together*
- *I feel closer to my child*
- *I feel more confident and I am now talking about consequences with my child. We are working better together around compromise*
- *Special time – I realise that I thought I was listening to my child but found out I wasn't and I am now actively listening our relationship has greatly improved!*
- *I now know I wasn't alone and others are in same boat*
- *The programme is brilliant really enjoyed sessions!*
- *You take away so much useful information!*

