

**The Incredible Years**

**Parent Enrichment Series Overview**

**Background**

* + Years of research has demonstrated a distinctive relationship between the circumstances of a child’s home and their behavior and receptiveness to learning in the school environment.
  + The Incredible Years research studies show success in the following ways:
    - Strengthening parent-child interactions and attachment
    - Reducing harsh discipline
    - Improving parents’ ability to promote their children’s social, emotional, and academic development
  + The Incredible Years was selected as Model Program and listed in the National Registry of Effective Prevention Programs
  + Recommended by the American Psychological Association Task Force as meeting stringent criteria for empirically supported mental health intervention for children with conduct problems

**Target Population**

* + Parents of children whose home life lacks support, stability, and positive expectations and attitudes
  + These children are at risk of not reaching their potential due to misunderstanding social norms, negative attitudes about school and authority and an underdeveloped ability to regulate their emotions.

**Issues Addressed**

* + Child aggressive behavior problems and attention issues
  + Social competence, emotional regulation, academic readiness and problem solving of children
  + Strength of parent-child interactions, parenting strategies, and level of parental social support

**Sessions**

* + Parents learn through self-exploration, developing greater insight into their parenting
  + Parenting education curriculum is enhanced by group discussion of authentic parenting situations
  + Realistic video presentations of parents interacting with their children in natural situations are presented
  + The leader asks open-ended questions and guides parents while actively problem solving and sharing
  + The goal is for parents to discover solutions that fit their circumstance

**Description**

* + Each group will be comprised of 3-12 adults, meeting for 6 or 12 sessions.
  + One on one sessions may be available on a case by case basis
  + FREE of cost for all parents living within Jefferson County (or have a case open within the county).
  + Sessions will be led by a trained parent educator.
  + Multiple curriculum options available for parents to include: Infant/Toddler (Ages 0-3), School Aged (Ages 3-13), Children on the Autism Spectrum or with Language Delays.

**Goal and Follow Up**

* + An additional incentive of the Incredible Years program is that families can continue to follow up with parent educators for support after graduation.

**FOR FURTHER INFORMATION, PLEASE CONTACT:**

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