



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

- Group classes or in-home meetings
- Free of cost for all parents living within Jefferson County
- Sessions will be led by a licensed educator, counselor or therapist
- Designed for parents of children aged 0-3 OR 3-12