



The Incredible Years!



A Group for Parents/Carers of Children with Behaviour Difficulties

Do you have a child aged 2-10 years?

Do you sometimes find being a parent/carer tough and stressful?

Do you find it difficult to manage your child's behaviour?

Would you like to learn more about how to manage your child's behaviour, have a better relationship with your child, and meet other parents/carers in the same situation?

If YES, then you are not alone - lots of families have similar worries and experience these kind of difficulties.

What is the Incredible Years?

The Incredible Years was created to help parents/carers manage their child's difficult behaviour including conditions such as ADHD. Often, these behaviours impact on the whole family, leaving everyone, including the child, feeling negatively about themselves. This course will improve your relationship with your child and increase yours, and your child's, confidence.

When and Where?

The Group runs on a **Thursday** from **9.30am** to **12.00pm** at **Ryelands House, Lancaster, from March 2022**. The Incredible Years course lasts for *15 weeks in total*, and does not run during school holidays.

If you are interested in finding out more about the Incredible Years please ask a member of school staff and they can complete a referral OR contact:

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Janet Stuart, Family Support Worker, Morecambe Bay Primary School
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