



# The Incredible Years<sup>®</sup>



Parents, teachers, and children training series

## Serving New Hanover County and Pender County

The Incredible Years Parenting Program is a research-based program that encourages healthy development in children ages 6-12 by strengthening parenting skills and developing positive methods for managing children's challenging behaviors.

### Parents learn how to:

- Play with their children
- Offer praise and rewards
- Create household rules and set limits
- Use positive discipline methods
- Partner with teachers so that they can promote children's academic, social, and emotional skills.

### Program Goals:

- Promote social, emotional, and academic skill in children
- Promote parental skill and strengthen families
- Promote a stronger connection between school and home
- Prevent and reduce behavioral problems in children

### Need to know:

- FREE Childcare
- FREE Family Dinner every week
- Incredible Years is for parents with children ages 6-12.
- Parents and/or caregivers attend weekly group sessions for 16 weeks.
- Money and prize incentives for participating in and completing the program

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