



**Public Transport:**

**Underground:** Northern Line: Belsize Park (12 min walk) Jubilee Line: Swiss Cottage (5 min walk) and Finchley Road (8 min walk) Metropolitan Line: Finchley Road (8 min walk)

**Overground:** Finchley Road and Frognal (15 min walk)

**Bus:** C11, 13, 31, 46, 82, 113, 168, 187, 268, 603

On-street parking available in the area



**Open Minded and the Mental Health Support Team (MHST)**

**Tavistock Centre  
120 Belsize Lane  
London  
NW3 5BA**

**Phone: 020 8938 2232**

**Please ask to speak with Tajwar Hussain or Ryan Carr**

*Please note, Ryan and Tajwar work with the trust Wed to Fri, so they can receive/return calls during this time.*

# Incredible Years' Parenting Group

A course for parents to help build skills in managing their children's behaviour

## Incredible Years' School Age:

Parents of primary school aged children (5-11yrs)



### Aims of the programme:

- ◆ Strengthen the relationship you have with your child
- ◆ Help your child with friendships
- ◆ Help your child to feel better about themselves
- ◆ Develop skills to help your child manage their emotions and feel calm
- ◆ Help you cope and feel in control
- ◆ Develop effective parenting strategies
- ◆ Help you to believe in yourself as a successful parent



### About the group:

- ◆ There will be a maximum of 12 parents in the group
- ◆ A safe, non-judgemental space to meet other parents and carers to share knowledge and experiences and to support each other
- ◆ The group will meet every Wednesday morning during term time for 12 weeks
- ◆ Each session will run for approximately 2 hours
- ◆ Tea/Coffee and light refreshments will be provided during the group

**Day:** Every Wednesday (during term-time)

**Time:** 9:30-11:30am

**Venue:** Option A = An online group on Zoom  
**OR** Option B = An in-person group at the Tavistock Centre

Both options will be considered based on parent's feedback prior to the group start date



### About Incredible Years:

- ◆ An evidence-based parenting programme helping parents to manage and reduce difficult and disruptive behaviours
- ◆ The programme recognises that you are the expert on your child and will not criticise or judge your parenting
- ◆ Gives you the opportunity to be with other parents, to share ideas and try out practical activities at home
- ◆ Support parents to promote their children's social, emotional, and academic development
- ◆ Uses a mixture of videos, group discussion and role plays to cover each skill

### Topics covered:

- ◆ Parental attention and child-led play
- ◆ Social, emotional and persistence coaching
- ◆ Effective praise and rewards
- ◆ Rules, routines and boundaries
- ◆ Managing misbehaviour