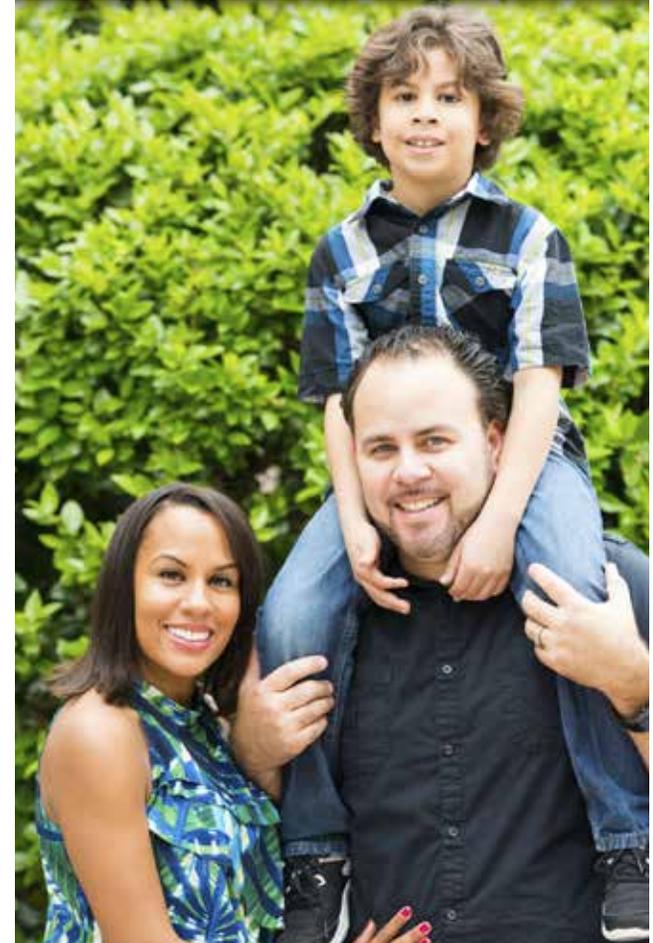




For more information about the
Incredible Years Program or to find out
how your agency can benefit, please call
918.594.4720

the Incredible Years



We know that regular parent-child play times help build warm relationships between family members, creating a “bank” of positive feelings and experiences that can be drawn upon in times of conflict.

Research shows that families who have vague standards or rules are more likely to have children who misbehave. To reduce this outcome, Child Guidance provides the Incredible Year Parent Program. Parent training produces significant improvements in parenting skills, strengthens children’s social competence and reduces aggression. Parent trainings also remain the single most effective treatment for young children with conduct problems.

This award-winning parenting program has been recognized as one of the most promising early interventions for preventing delinquency in the United States.



Incredible Years

Parent Program (Basic)

The 12 week group-based program is designed to promote parents’ competence and self confidence in using positive parent management skills with children ages 3 – 8 years. The training includes short videos that are designed to encourage group discussion.

Outcomes

- Reduction in parents’ stress
- Increase in parents’ use of praise with their children
- Decrease in parents’ use of criticism with their children
- Reduction in children’s aggressive and disruptive behavior and increase in prosocial behavior
- Reduction in the number of unnecessary commands by parents
- Reduction in the amount parents rely on spanking and other corporal punishment
- Equal in effectiveness to family therapy, while serving five times the number of families with the same number of therapist hours
- Gains in positive behaviors generally maintains for at least three years

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