

THE INCREDIBLE YEARS

PRE-SCHOOL BASIC PARENT SUPPORT PROGRAM TRAINING



About the *Incredible Years (IY)* Parent Support Program Project

In July 2015 Investing In Our Youth and a number of health, education professionals and local community members met at the Collie Child and Parent Centre (CPC). Members gauged needs in the community and assessed that Collie needed a high dosage, evidence based parent support program that specifically helps parents provide a nurturing and affectionate environment. The IY Steering Group Committee was set up.

The IY Programs (www.incredibleyears.com)

The IY Series is a set of five interlocking, comprehensive and developmentally based programs targeting parents, teachers and children. The training programs that compose IY Series are guided by developmental theory on the role of multiple interacting risk and protective factors in the development of conduct problems. The programs are designed to work jointly to promote emotional, social and academic competence and to prevent, reduce and treat behavioral and emotional problems in young children.

IY Pre-School Basic Parent Support Project

In October, 2015 the IY Steering Group Committee met and agreed that Stage One of the project would be to bring the IY Pre-school Basic Parent Program training to Collie. This would help service providers in Collie meet the demand for research based parent support programs. Stage Two of the project would be after the training certified IY group facilitators collaborate to offer families and carers a minimum of two IY Pre-school Support Groups each year. The goal being that a growing number of young

children in Collie have a secure attachment and their parents/carers who are supported in building nurturing relationships with their children. During Stage Two the IY Steering Group Committee and certified group facilitators would look at ways to jointly promote the course, evaluate results and come together for reflective supervision.

How is the IY Pre-school Basic Parent Support Program training being offered?

Stage One

Laura Kiln, the only person in Australia accredited to deliver IY will provide the training for the first time in Western Australia. The 21 hour training will take place in Collie at the CPC, **5th, 6th and 7th July, 9am to 5pm.**

The training is open to a maximum of 24 professionals. The IY Steering Group Committee will assess applications on location, motivation and interest in learning and delivering the Incredible Years.

Successful applicants from Collie will not be charged for the training. All participants will be required to pay a \$30 IY registration fee.

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Stage Two - After successfully completing the training you will be qualified to run the IY Preschool (3yrs to 6yrs) Basic Parent Program

- Parent groups are delivered in an average of 14 weekly group sessions of 2-3 hours.
- Sessions are run by two IY group facilitators.
- Group sessions focus on: strengthening parent-child interactions, nurturing relationships, reducing harsh discipline, and fostering parents' ability to promote children's social, emotional, and language development.
- Preschool and School Age Parent groups encourage parents as they learn to promote school readiness skills.
- Parents are encouraged to partner with teachers and be involved in children's school experiences to promote children's academic and social skills, emotional self-regulation, and to reduce conduct problems.

Why a Child and Parent Centre?

In 2012, the State Government funded a number of Child and Parent Centre around Western Australia and contracted non-government services to provide the service. The Child and Parent Centre – Collie Valley (contracted to Investing In Our Youth) provides services to families in the Collie Area.

The Child and Parent Centre – Collie Valley works with children and their families to help increase families ability to provide a healthy supported home environment and a positive transition to school.

About Investing In Our Youth

Investing In Our Youth is a not for profit community based organization that promotes the healthy development of young children and people in the South West Region.



For further information contact Carole English, Centre Coordinator:

Email: Carole.English@investinginouryouth.com.au

Phone: 9734 3364

Web: investinginouryouth.com.au