



**The
Incredible
Years®**

The Incredible Years® Preschool Parenting Programme

The programme is designed for parents and carers of children aged 3–5 years, and with support from trained practitioners, parents and carers will explore ways to encourage positive behaviour through play, praise, and positive attention. Sessions focus on:

- building strong connections
- supporting children's language and social development
- establishing effective routines
- managing challenging behaviours calmly and consistently

The programme runs over 15 weekly sessions, either online or in person, giving parents and carers the time they need to learn, practise and build confidence in using new strategies at home. Each session follows on from the last, allowing families to make lasting changes that can make a real difference to their child's development and behaviour.

Incredible Years courses will begin in the Autumn term. Please contact your local Family Centre on 0300 123 7572 and ask for Watford or Stevenage for more information.

Find out more about the Best Start Family Hub and Healthy Babies programme in Hertfordshire on our website -

www.hertfordshire.gov.uk/beststart



Hertfordshire
Family Centre
Service



**FAMILY
HUBS**



Here for young people
Here for communities
Here for you



Hertfordshire Community
NHS Trust

