

Incredible Years Groups are for parents and carers of children aged 1-10 years. There are three groups depending on your child's age:

**Incredible Years Toddler:**  
Parents of children aged 1-3

**Incredible Years Early Childhood:**  
Parents of children aged 3-6

**Incredible Years School Age:**  
Parents of children aged 6-10

Incredible Years Groups are for parents and carers who want to:

- \* Support their child's emotions, development and behaviour
- \* Learn more about their child's development and behaviours
- \* Meet other parents
- \* Learn parenting skills
- \* Feel more confident as a parent
- \* Feel less stressed about parenting

### Who is the group run by?

The group is run by either a Family Support Practitioner or Family Engagement Worker and a CAMHS Clinician from Islington CAMHS. Both facilitators are experienced in running groups and helping families.

**Islington CAMHS**  
Phone: 020 3316 1824  
Date published: 06/09/2023

**Bright Start North**  
**Early Childhood 3-6 years**  
Friday mornings from 22<sup>nd</sup> March – 12<sup>th</sup> July  
Hungerford Children Centre  
[Brightstartnorth@islington.gov.uk](mailto:Brightstartnorth@islington.gov.uk)  
**020 7527 8441**  
Yusuf Gurbuz (Family Engagement Worker)  
Maria Clara Vejarano-Brill (CAMHS Clinician)  
[m.vejarano-brill@nhs.net](mailto:m.vejarano-brill@nhs.net)

**Bright Start Central**  
**Toddler 1-3 yrs**  
Tuesday mornings from 19<sup>th</sup> March - 2<sup>nd</sup> July  
New River Green Children Centre  
[Brightstartcentral@islington.gov.uk](mailto:Brightstartcentral@islington.gov.uk)  
**020 7527 8465**  
Muna Saleb (Family Engagement Worker)  
Cat Lenain (CAMHS Clinician)  
[catherine.lenain1@nhs.net](mailto:catherine.lenain1@nhs.net)

**Bright Start South**  
**Early Childhood 3-6 years**  
Thursday mornings from 21<sup>st</sup> March-11<sup>th</sup> July  
Bemerton Children's Centre  
[Brightstartsouth@islington.gov.uk](mailto:Brightstartsouth@islington.gov.uk)  
**020 7527 4089**  
Amanda Lyndon (Family Engagement Worker)  
Rukshi Thevasagayam (CAMHS Clinician)  
[r.thevasagayam@nhs.net](mailto:r.thevasagayam@nhs.net)

**Bright Start Central**  
**Somali community group**  
Thursday mornings from 18<sup>th</sup> April  
Hornsey Road Childrens Centre  
Jamad Abdi (Family Engagement Worker)  
Gozde Aslan (CAMHS Clinician)  
[gozde.arslan1@nhs.net](mailto:gozde.arslan1@nhs.net)

**Bright Futures 5-19**  
**School age group**  
Tuesday mornings 19<sup>th</sup> March – 9<sup>th</sup> July  
Montem Primary School  
Lucy Pollock (Outreach Support Practitioner)  
Jess Swainsbury (CAMHS Clinician)  
[jessica.swainsbury@nhs.net](mailto:jessica.swainsbury@nhs.net)

## Incredible Years Parenting Groups

A course for parents who want to learn how to provide the best parenting support for their children

**Incredible Years Toddler:**  
Parents of children aged 1-3

**Incredible Years Early Childhood:**  
Parents of children aged 3-6

**Incredible Years School Age:**  
Parents of children aged 6-10



## What parents have said about the groups

*"This course is not a lesson on what as a parent we are doing wrong – more so an insight as to how we can improve"*

*"Oh my! What changes haven't I seen?! It has become a joy to be a parent again and to enjoy my children the best way"*

*"I am feeling much more confident as a parent. I know how to react to specific situations. My child is behaving better. It was life changing for me"*

*"I have learned so much from sharing with the group and hearing about their experiences"*

### How can I find out more?

To register your interest you can contact talk to a Family Engagement Worker at your local children's centre stating the group you are interested in. The timetable is also on the Family Information Service website.

## About Incredible Years

### Programme aims

- \* Promote children's all round development (social, emotional, language & behaviour)
- \* Support parents' developing effective parenting strategies
- \* Increase parents' support networks
- \* Strengthen parents and children's relationships
- \* Provide a safe, non-judgemental space to think about and share ideas with other parents

### Topics

- \* Parental attention and child directed play (promoting positive relationships)
- \* Child-directed coaching
- \* Social and emotional coaching
- \* Praise and encouragement
- \* Rewards & Incentives
- \* Rules & Routines
- \* Effective Limit Setting
- \* Handling misbehaviour

## About the group

- \* The group will run for 13 or 14 weeks, term time only, at the same time each week
- \* There will be a maximum of 12 parents in the group

### Before the group

- \* A group facilitator will contact you to think about whether the Incredible Years Group would be suitable.

### During the group

- \* Each week we will focus on a topic, using a mixture of group discussion, watching DVD's of parents with their children and role playing ourselves
- \* There will be a home task each week to practice the strategies
- \* The facilitators will call you in the middle of the week to check how you are getting on and whether you have any questions about the material covered in the group
- \* As the group goes on, when you know one another a little more, we will encourage you to also make calls to a 'buddy' to help support each other.