



What is Incredible Years ?

Professor Carolyn Webster-Stratton, University of Washington, Seattle, developed and researched the Incredible Years Parent, Child and Teacher programmes over the last 30 years and they are now recognised as proven programmes which have won awards internationally.

Incredible Years in Limerick

Incredible Years programmes have been running in Limerick since 2008. The parent programmes run for 12- 16 weeks and are held across Limerick in schools and community locations.

Parent programmes are open to anyone who looks after children as a parent does. This could be a grandparent, other relative, or foster carer as well as a father or mother.

Incredible Years

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What Parents said about Incredible Years Parent Programmes.

"I liked being given skills to manage and help my child at home."

"I found the group discussions to be most helpful. Everyone would offer advice and role plays were very useful for practising situations we were bound to experience"

"Every aspect of the course was helpful in different ways but the most beneficial part was the child directed play and the reward chart."

"What helped me most was getting the bed routine and using the skills to praise and reward. Goals and handouts also helped"

"Learning to ignore tantrums, not to give too many commands"

"The most helpful part was explaining my problems and getting ideas off others how to sort it out. I like the chats and listening to others knowing I was not the only one in the situation."

Incredible Years Limerick Parent Programmes



"The vision of Incredible Years Limerick is for all children to reach their full potential."



Incredible Years Limerick Parent Programmes

The Incredible Years Parent Training Programmes aim to

Help you become closer to your child and build a strong relationship.

Helps you to play with your child.

Encourage you to feel more confident in yourself as a parent.

Promote you child's social skills and teach them how to make friends.

Teach you to use positive methods to encourage co-operative behaviour such as play and rewards.

Support you to set limits and follow through with set rules.

Help children to calm down by themselves.

Toddler Parent Programme - For parents of children aged 1-3.

This programme focuses on promoting positive relationships, promoting toddler's language, play, praise and encouragement, establishing routines, handling separations, positive discipline, setting limits and handling tantrums.



Parent Programme - For parents of children aged 3-6

This programme focuses on school readiness skills, using praise and rewards, positive discipline, rules, routines, setting limits, handling misbehaviour and teaching children to solve problems.

Parent Programme - For parents of children aged 6-12

This programme focuses on supporting your child's education, fostering good learning habits and routines, importance of parental attention and special time, effective praise and encouragement, rewards, rules, responsibilities, routines, ignoring misbehaviour and time out.