



### 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.

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 other parents said about the School Readiness course

*"Opened up reading time as a more playful time for me and my child"*

*"Realising the good things I already do and do more of it. Great ideas I didn't think of before."*

*"I think the course is very good and I strongly encourage all parents to take part in the next course available in the future"*

*"Ability to see things from the child's point of view"*

*"Discussing the book before we actually read the book. It was great for my son's imagination."*

*"It made me aware of how much my child learns through the script and pictures of the book and has also added more knowledge to my abilities how to help my child"*

## Incredible Years Limerick School Readiness Programme



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



## Incredible Years Limerick School Readiness Programme

Starting school is a big milestone for you and your child. You want your child to be well prepared for this next step. Children who are well prepared for school learn better and have fewer conduct problems.

Did you know that training children how to make friends and to manage their emotions is as important as knowing their ABCs. It is important not just now as the child prepares for school, but for the long term goal of doing well in school.

Incredible Years Limerick believes in giving your child the best possible chance of succeeding. To help you do that we would like to offer you the Incredible Years School Readiness Course.

This two hour weekly course is for parents of children about to start school. It runs for 4-6 weeks".



### The course will support you to:

- Build your children's self-esteem and creativity through play.
- Encourage your child to make friends, to share and to take turns.
- Help your child learn to problem solve and keep their attention.
- Build your child's language and reading skills.
- Help your children develop imaginative and creative story telling.
- Help your children express themselves and their emotions.

