



The Incredible Years®



About the Service

The Incredible Years® is a series of early intervention programs for parents and children with the goal of improving social, emotional, and academic abilities while preventing, reducing, and treating behavioral and emotional issues in young children.



Who does this service benefit?

The Incredible Years® can be delivered to groups of parents and caregivers, or to individual families based on the children's ages.

- **BABY:** 0 to 12 months, delivered over 9 to 12 weekly sessions.
- **TODDLER:** 1 to 3 years-old, delivered over 13 to 17 weekly sessions.
- **PRESCHOOL:** 3 to 6 years-old, delivered over 18 to 21 weekly sessions.
- **SCHOOL AGE:** 6 to 12 years-old, delivered over 12 to 16 weekly sessions.

Service Highlights

- This five-level model uses videos, written curriculum, role play, homework, and self-evaluation. Based on principles of video modeling, learning through experience and observation, rehearsal and practice, individual goal setting, self-management, self-reflection, and cognitive self-control.
- Collaborative relationship between group leaders and participants.
- Helps reduce risk factors and increase protective factors through increasing parent and child skills.
- Encourages child social competence, emotional regulation, positive attributions, academic readiness, and problem solving.
- Helps improve parent-child interactions, relationships, and attachment
- Promotes more nurturing parenting and increases parental social support and problem solving.



ASSISTANCE:

Up to \$500 may be available to assist children and families with concrete goods when those goods support child safety, reduce risk of abuse or neglect, stabilize placement, or facilitate safe reunification.

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CHILDREN, YOUTH & FAMILIES