

"There are two lasting bequests we can give our children. One is roots. The other is wings."
~Hodding Carter, Jr.

Being a good parent takes patience, experience and knowledge that often come from lessons learned by trial and error. Sometimes a young child's behavior can become challenging, especially when a child is disobedient, aggressive or hyperactive. In these situations, a parent can become frustrated and resort to harsh discipline or punishment, which may lead to a negative cycle of a child's misbehavior. Considerable evidence indicates that a positive, consistent bond between parent and child leads to more positive communication and parenting strategies and a more socially competent child.

Once a child with behavioral problems enters school, they are prone to negative academic and social experiences that contribute to further development of over activity, inattentiveness, noncompliance and aggressiveness.

Like a life vest for parents and children, The Incredible Years provides needed educational intervention for parents and their children to significantly reduce a child's aggression and behavior problems, while increasing their social competence at home and at school.



TO ENROLL TODAY CALL
THE FLORIDA CENTER
FOR CHILD AND FAMILY DEVELOPMENT
(941) 371-8820, EXT. 1010

Classes are being offered in North and South County.

Classes meet once a week in the evenings, for two hours.

To learn more about
The Florida Center for Child and Family Development
visit: www.thefloridacenter.org

To learn more about
The Incredible Years
visit: www.incredibleyears.com



The Incredible Years

A research-based, proven effective,
program for parents with young children
with challenging behaviors



Generously sponsored by the Sarasota Partnership for Children's Mental Health, this program is being offered free of charge by The Florida Center for Child and Family Development to Sarasota parents with children between the ages 3 through 8.

- ☐ *Is being with your child not fun because it always feels like a battle?*
- ☐ *Is your child always getting into trouble at school ... or are you concerned that your child will even be ready for school when the time comes ... due to their behavior problems?*
- ☐ *Do you feel that you're always having to discipline your child, but not really making progress?*

If you answered "yes" to any of these questions, The Florida Center for Child and Family Development's Incredible Years team of experts can help! You can start improving your relationship with your child today by enrolling you and your child in the award-winning, researched-based, program called The Incredible Years.

Designed to be a 15 to 20 week program (depending on your child's age), The Incredible Years program works with both parents and their child(ren).

While parents are learning how to help their child learn and grow emotionally and socially -- their child is also learning, but in their own group.



Through The Incredible Years program you and your child will learn new skills and information that will have positive lasting effects on your relationship and your child's future!

HOW YOUR CHILD WILL BENEFIT FROM THE INCREDIBLE YEARS PROGRAM:

- Improved relationship with parents.
- Better understanding of their feelings.
- Improved social skills.
- Improved coping skills.
- Improved school performance or school readiness.

HOW YOU WILL BENEFIT FROM THE INCREDIBLE YEARS PROGRAM:

- An increase in positive interactions between you and your child.
- Improved compliance at home and at school.
- Reduced aggression and behavior problems in and out of the home.
- Positive and consistent discipline.
- Support that includes other parents.

WHAT PARENTS CAN EXPECT TO LEARN:

- Learn the benefits of playing with your child.
- The art of effective praising.
- Motivating children through rewards.
- Effective limit setting.
- Handling misbehavior.
- Ignoring inappropriate behavior.
- Time out for aggressive behavior.
- Logical and natural consequences.
- Problem solving.

"When I came to this class I wanted help with my daughter who was kicking, lying, hitting and throwing fits. During the course of these classes, I learned skills that I now use at home. The change in my daughter at home and at preschool is only short of a miracle."

-Parent Participant of The Incredible Years

