

# Incredible Years Course

Our Incredible Years group is for parents of children with complex and challenging behaviours. This includes diagnosed or suspected ADHD and conduct disorders.



## Learn how to:

- Reinforce boundaries
- Understand emotions
- Use praise effectively
- Give efficient commands
- Issue realistic consequences

Learn alongside  
other parents

Age group:  
4-11 years

## Help improve:

- Your child's self-esteem and mental health
- Relationships
- Resilience and stress
- Your confidence as a parent



3 out of 4 Lewisham parents  
reported marked progress

Parents can book on our next course via:

Email: [enquiries@lewishamcfc.org.uk](mailto:enquiries@lewishamcfc.org.uk)

Call, text or leave a message on: 07377 724243  
stating clearly that it is for the IY Group

Professions can refer via:

[www.lewishamcfc.org.uk/professionals-referral-form/](http://www.lewishamcfc.org.uk/professionals-referral-form/)

For more information visit [www.lewishamcfc.org.uk/parenting/](http://www.lewishamcfc.org.uk/parenting/)