

# The Incredible Years<sup>®</sup>



Parents, teachers, and children training series

## Autism Spectrum + Language Delay (for children aged 2 - 8 years)



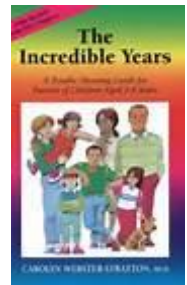
# The Incredible Years

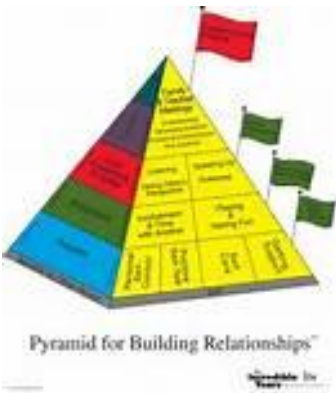
## Autism Spectrum + Language Delay

The Incredible Years Parent Program is a comprehensive Group Program supported by over 30 years of research. Through 12 weekly sessions the Program aims to reduce and prevent behaviour problems and promote social, emotional and academic skills, for children who have autism and/or language delay.

During the sessions the following strategies are explored:

- Utilising child directed activities to promote independence skills and self-confidence.
- Effective Communication and Modelling of skills to promote learning.
- Coaching of academic and persistence skills to build language skills and concentration and focus.
- Coaching of social and emotional skills to build social understanding and greater self-regulation.
- Using Praise and Encouragements to increase positive behaviours.
- Using Incentives to motivate children to increase positive behaviours.
- Using routines and house rules to create predictable routines and clear boundaries and so avoid the need for conflict.
- Giving choices and clear specific commands to communicate change.
- Using transition warnings to smooth change from one activity to another.
- Effective ignore strategies to ensure inappropriate behaviour is not reinforced.
- Teaching of calming strategies to children.
- Attending to parents own thoughts, feelings and behaviour at difficult times.





## Programme Format

The programme takes place through group or sessions and has a number of features to suit all kinds of learning style

- Parents/Carers who prefer to read and learn are able to utilise the weekly information sheets and book that accompanies the programme.
- Video clips for more visual learners form a central part of the program.
- Practicing of new strategies for Parents/Carers who learn best by trying approaches out.

### Group Sessions

- Enable parents to hear from other parents about their experiences of implementing new approaches with their children.
- Parents benefit from the support of others in similar situations.

**If you are interested in attending the programme  
or require more information please contact:**

**Learning Disability Child & Adolescent Mental Health Service  
(LD CAMHS)**

**Tel: 0151 488 8041**

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