

Easterseals Michigan



NOW PROVIDING

INCREDIBLE YEARS PARENTING PROGRAM

HOW WILL IT HELP?

Parenting can be both an exciting and difficult experience! Easter Seals' Incredible Years program is for parents with infants and children up to six years old. Increase your confidence in parenting and learn new skills with a relaxed and friendly group. Join with other parents who face the challenges of parenting and learn to guide your child through each stage of development.

INVEST IN YOUR CHILD

Parents who participate in the Incredible Years Program feel more confident and effective in parenting their child. Parents are able to enhance their child's emotional development and learn to reduce challenging behaviors. Parents report developing a greater bond with their children. The Incredible Years is available in both individual and group programs.

PARENTS WILL LEARN HOW TO:

- Strengthen children's social and emotional regulation skills.
- Implement positive discipline by establishing clear rules, routines, and effective limit setting.
- Utilize strategies that effectively handle misbehavior.
- Give effective praise and use age appropriate incentives.
- Teach children to problem solve
- Use play to strengthen their relationship with their child

**IF YOU KNOW
SOMEBODY OR
ARE INTERESTED
YOURSELF, PLEASE
CALL 800.75.SEALS**

