



“It’s not our job to toughen our children up to face a cruel and heartless world. It’s our job to raise children who will make the world a little less cruel and heartless.” G.R. Knost

Washington County Family & Children First is excited to offer this highly acclaimed, evidence-based program **FREE** to parents in our community! FREE child care and FREE meal provided!



Preschool Basic Program

Parenting Program for parents with children ages 3-6 years

Call for next class dates!
740-376-7081

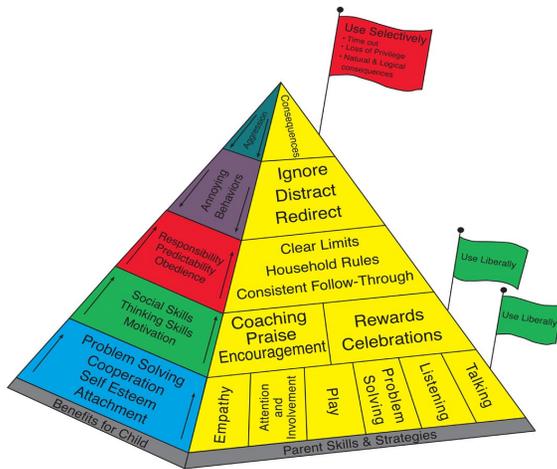
Classes are normally held on Monday evenings at the Ely Chapman Center

For more information on IYP and upcoming classes, call 740-376-7081

Washington County Family & Children First

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Parenting Pyramid®



Funded by Washington County Behavioral Health Board



The Incredible Years Preschool Basic parenting program

strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and day care professionals so they can promote children's emotional regulation and social skills. In the parenting groups, trained Incredible Years® facilitators use video clips of real-life situational vignettes to support the training and trigger parenting group discussions, problem solving, and practice exercises.



Incredible Years Preschool Basic Program is a 14-week program for parents of children ages 3-6 years.

The program is offered once a week for two-hours and provided by trained facilitators.

The Preschool Basic

Program Topics:

- Program 1 – Strengthening Children's Social Skills, Emotional Regulation and School Readiness Skills
- Program 2 – Using Praise and Incentives to Encourage Cooperative Behavior
- Program 3 – Positive Discipline – Rules, Routines and Effective Limit Setting
- Program 4 – Positive Discipline – Handling Misbehavior

The Incredible Years® are evidence-based, proven effective programs.

Incredible Years® programs have been applied in more than twenty countries.

Program Goals

- Improve parent-child interactions, building positive relationships and attachment
- Improved parental functioning, less harsh and more nurturing parenting, and increased parental social support and problem solving
- Prevention, reduction and treatment of early onset conduct behaviors and emotional problems
- Promotion of child social competence, emotional regulation, positive attributions, academic readiness and problem solving