

The Incredible Years



Parenting Program

Classes are held throughout Davis County all year long.

To find a current listing of available classes, click the register button on the website.

Time: 6:30—8:30
Length: 12 Weeks

Daycare is available for those families that would otherwise not be able to attend.

to register:

Contact Angie Smith
801-773-7060 ext. 502 OR
www.dbhprevention.org

Create a bond with your child for LIFE!



A Program for Parents of children ages 2-8

Parenting can be a difficult experience for both parents and children. For children this is a major transition when they are moving from being dependent to exploring the world around them. It is a time when they test the limits of their environment, finding out what will or will not be tolerated. Learn how to guide your children as they go through this stage of transition.

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

INVEST THE TIME!

Research shows parents who have participated in the Incredible Years Program feel more comfortable and confident in their ability to be effective parents. Parents have been able to reduce their children's inappropriate behavior, increase their children's social and emotional competence, and have developed a greater bond with their children.

Davis Behavioral Health, Davis School District, and Communities that Care present the Incredible Years program throughout Davis County.

