

# INCREDIBLE YEARS



## Baby Programme

*The Incredible Years baby programme is primarily aimed at parents/carers of children aged 0 - 1 year old. It works to strengthen parent-child interaction and attachment.*

Parents will be supported to:

- Help their babies feel loved, safe, and secure.
- Encourage their babies' physical and language development.
- Provide physical, tactile and visual stimulation
- The parenting group format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions. Parents practice skills with their babies in the group.



**Date/Time:** Thurs 27th April 2023 x 8 weeks. 10.00am - 12.00pm

**Area:** Newry Teachers Centre. Face to Face programme

**Criteria:** Preference will be given to parents of babies 0-4 months resident in the Newry & Mourne locality.

**Enquiry/Referral:**

Lorraine O'Neill - Parenting Partnership

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Elaine Trainor- MDT Team Meadowlands Surgery

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**CLOSING DATE:** Friday 7th April. Parents will be notified if they have secured a place by Friday 15th April