



The Incredible Years Series (IYS) is an internationally recognized, evidence-based program that is proven to help children increase social and self-control skills and reduce challenging behaviors.

This program offers a therapy class for the child alongside a supportive program for the parents. Together, the programs are proven to make a real difference in the lives of the family!

Are you looking for support for your 4-8 year old? Is your child acting impulsively, feeling anxious, resisting cooperation, or struggling with friendship skills?  
The Incredible Years Series can help!

### **2019 Schedule**

Tuesdays, January 15—May 14, 2019  
5:40 meal; 6:00-8:00 class  
Blue Ball Elementary School, 126 Ewell Road,  
East Earl, PA 17519

**Meal and Childcare provided!**

**Contact COBYS Family Life Center to register: 717-435-8139.**

#### **IYS Dina Small Group Therapy for Children (ages 4-8):**

In Dina School, children learn and practice emotional coping, problem solving, and peer relationship skills with coaching and positive feedback in a fun, dynamic setting. Components include puppet and video modeling, coaching in structured activities, visual imagery and role plays.

#### **Children will:**

- Detect, accept, and verbalize feelings
- Practice emotional regulation
- Learn effective school behaviors such as listening, waiting, concentrating, and cooperating
- Practice problem solving and conflict management skills
- Learn friendly behaviors such as helping, sharing, and teamwork
- Learn effective communication skills
- Learn group skills such as active participation and group decision making
- Develop self-esteem and confidence
- Increase school readiness

#### **IYS Parent Program:**

With over 30 years of research support, the IYS Parent Program takes a positive, relationship-based approach to reducing and managing challenging behaviors and facilitating emotional regulation development all while strengthening family relationships.

#### **Sessions include:**

- Unit 1:** Building your child's skills
  - Goal setting and child directed play
  - Academic, social, persistence, and emotional coaching
- Unit 2:** Encouraging cooperative behaviors
  - Praise and encouragement
  - Strengthening positive behaviors
  - Reward programs
- Unit 3:** Reducing Challenging Behaviors
  - Rules and routines
  - Clear limit setting
  - Ignoring
  - Time Out
  - Teaching children calm down skills
  - Consequences



For detailed information on the Incredible Years Series programs, please visit [www.incredibleyears.com](http://www.incredibleyears.com).

***Funding provided by the Pennsylvania Commission on Crime and Delinquency.***

COBYS Family Life Center • 171 East King Street, Lancaster, PA 17602 • 717-435-8139 • [www.cobys.org](http://www.cobys.org)