

# Therapeutic Parenting Programmes

*'I feel less alone, it's helpful to know it's not just us'*  
- quote from parent



**These programmes support parents to meet their child's needs and improve behaviour for children with:**

- serious, high risk or distressing behaviours
- conduct disorders
- oppositional defiance disorder
- and where ADHD might be suspected or diagnosed

## Programmes Available

### **Incredible Years**

12 week group programme for parents of children aged 4-11 years delivered both online and in person

### **Personalised Individual Parent Training (PIPT)**

Intensive 1:1 support programme delivered over 6 sessions to parents and children aged between 4-8 years

**Both of the above programmes offer the support and interventions recommended within NICE guidelines for treatment of children with Oppositional Defiance Disorder (ODD) and Conduct Disorder.**



### **The key themes of the programmes:**

- Child Directed Play
- Social and Emotional Coaching
- Positive Attention and Praise
- Incentives and Celebrations
- Limit Setting
- Time Out to Calm Down
- Natural and Logical Consequences

### **Why Praise Works:**

- Builds and increases your child's self esteem
- Children learn to give praise
- Helps your child learn to engage in a new positive behaviour
- Helps guide them through small steps to achieve bigger ones
- Provides motivation to stay on a task
- Enables parents to break the negative cycle you may be in with your child

## Joining a programme

**Parents** can enquire or register their interest in our groups by either;

- Filling in a [parent request form online](#)
- Emailing enquiries@lewishamcfc.org.uk
- Calling 07377 724243 to request a parent referral form

**Professionals** can refer families through our [online referral process](#).



## ‘Praise’ Myth Buster

- Children who receive lots of praise are NOT SPOILED!
- Praising your child is not manipulative or fake – but it may need practising to feel natural

[Read more in this blog post](#)

## Did you know?

- Time Out is most effective for children 3 years plus and anything longer than 5 minutes will not be effective.
- It takes 5 seconds for children to process an instruction and respond, remember to give them time by counting in your head and don't expect them to do something straight away.
- Children don't always have the problem solving skills to work out what you DO want if you say to STOP doing something!
- If you ask for the behaviour you want to see, (instead of the behaviour you want to stop) you are more likely to get it! So be clear about the positive action you want.



## Our Partnership with CAMHS

We work in close partnership with Lewisham CAMHS to offer support to parents pre-assessment and to those awaiting further assessment and treatment.

This partnership has been established over many years and forms part of the pathway for children in the borough.

If your child has been referred to CAMHS for concerns regarding your child's behaviour, we encourage parents to engage with our groups alongside this process.



### Quotes from parents and carers about attending our courses

*'Before I came onto these sessions I used to think there was something wrong with my child but after coming onto these sessions I learnt something about myself'*

*'I felt I wasn't believed before, it gave me confidence'*

*'My wife and I had a fantastic experience. What a fantastic service you provide, I can't thank you enough.'*

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## More information about The Therapeutic Parenting Programmes:

- Currently EYA are the only provider working within the CYP IAPT framework to offer this intervention in Lewisham.
- We work within the NICE guidelines for treatment of children with Oppositional Defiance Disorder (ODD) and Conduct Disorder.  
[www.nice.org.uk/guidance/cg158/chapter/1-Recommendations](http://www.nice.org.uk/guidance/cg158/chapter/1-Recommendations)
- CYP IAPT Principles In Child & Adolescent Mental Health services values and standards: [Delivering with and Delivering Well](#)
- Read more about Incredible Years on the website  
<https://incredibleyears.com/programs/parent/>
- PIPT is used in a variety of contexts and especially well at the Michael Rutter Centre. More information can be found here:  
[www.nationaladoptionandfosteringclinic.com/pipt](http://www.nationaladoptionandfosteringclinic.com/pipt)

## Read our blog posts from our Parenting Practitioners:

- [Praise Helps Children Feel Good](#)
- [Half Empty or Half Full?](#)