

# The Incredible Years

*Parenting isn't easy and children aren't born with a handbook  
but as parents we are expected to know everything...*

The **Mental Health Support Team (MHST)** are a team of specialist Mental Health professionals, and work within schools to provide an additional source of support for young people, their families and school staff.

**The MHST are offering a 12 week programme for parents and carers of children aged 4-12 which can help:**

- Make parenting easier and fun
- Bring out the best in your child
- Cope and feel in control
- Listen and talk together
- Enjoy spending time together
- Manage anger and frustration
- Share ideas with other parents



## How to get in touch:

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## Your next IY Group:

