

➔ To take part in a course

Ask your health visitor, nursery or school to apply for you.

If you would like more information, you can contact the Bruce Family Centre directly on BruceFamilyCentre@shetland.gov.uk, or by phone on 01595 745400.



getting
it right
for every child

NHS
Education
for
Scotland

Incredible Years

Is your child aged 3-6?

Does your child hit and shout a lot?

Does your child argue with you all the time?

Is it hard for your child to make friends?



We have free courses for parents and carers of 3-6 year olds that can help you.

NHS
Shetland



Course for parents and carers

Incredible Years 14 weeks long



- Incredible Years is used all over the world
- Trained group leaders will work with you on goals for you and your family
- We will meet once a week for two hour sessions
- We will discuss children's behaviour
- We will work out new ways to manage situations at home
- You can talk to other adults in the same situation as you



There is also one-to-one phone support.



Free creche.



Tea and coffee served.



Help available with transport.

What people say about the courses

"By the end of the first session, I can remember thinking "I need this". I wasn't getting judged."

MUM

"It was relaxed. You can have a cuppa, it is very friendly."

GRANNY

"I am a lot calmer now ... I don't shout now."

DAD