

# Incredible Years Parent Groups

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## What are the Incredible Years Parent Groups?

The Incredible Years program is an evidence-based treatment that has shown success helping parents of children ages 2 to 11 who are having behavior problems. In this program, you will learn effective strategies to help reduce challenging behaviors and increase your child's social, emotional, learning and self-control skills.

We offer groups for the following ages:

- Age 2 to 5: Preschool Basic Parent Group
- Age 6 to 8: Early Elementary Parent Group
- Age 8 to 11: Later Elementary Parent Group

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## How long are the groups and what do they cover?

Groups range from 12 to 18 sessions, lasting 2-hours per weekly session. Group format includes a combination of group leader instruction, role-play, video demonstrations, child activities, and parent-to-parent support and weekly homework review.

Parent group sessions cover these topics:

- Positive discipline
- Child-directed play
- Use of praise and rewards
- Handling challenging behaviors
- Coaching emotional, social and behavioral regulation for children
- Learning strategies for parent emotional regulation

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### To Learn More

- Outpatient Psychiatry  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Where does the class take place?

At this time, all group sessions are being held via a telehealth/video visit platform. The current groups for children ages 6 to 8 are scheduled on Mondays 4 to 6 p.m. and Tuesdays from 1 to 3 p.m., and 4 to 6 p.m. The other age groups are offered on other days. Some in-person groups may resume in the future.

### How much does it cost?

Your child's insurance will be billed for each session you attend. We recommend that you call your insurance to find out if the group is covered and how much you need to pay if the full amount is not covered. The code billed for parent groups is: 90849 multiple-family group psychotherapy.

### How do I register?

If you are interested in finding out if this group is a good fit for your family, please contact your child's primary care provider. They will need to send a referral via a New Appointment Request Form (NARF) to Seattle Children's Outpatient Psychiatry for your child that says the referral is for the "Incredible Years Parent Group."

If your child is a current patient, ask your Children's provider to place an order for an Appointment Request/Referral through the electronic medical record.

Once we receive a referral from your provider, we will call you to schedule a screening visit when we have an opening.