

Parent Comments

- I wish I did this course years ago.
- This course should be compulsory.
- I have played with my son for the first time.
- We have learnt to stand together and not be divided.
- Coming here is the highlight of my week.
- Our home is much more harmonious.
- I now have a good relationship with my child.

Loving

Play

Talk

Praise



Fill your basket
with parenting skills
KNOWLEDGE, SUPPORT AND FUN
AT NO COST TO YOU

For more information about
Incredible Years

Please contact

Moewaka Trotman

07 3473195

Ruth Palliser

021848521

Or for more information about
Incredible Years visit

The Incredible Years website

www.incredibleyears.com

The Incredible Years 
Parents, teachers, and children training series

Developed by Dr Carolyn Webster-Stratton



ROTORUA

The Incredible Years parenting programme is designed to develop positive family relationships, empower parents to make change and to manage difficult behaviour. This particular programme is designed for parents who have **children that are 3—8 years old.**

Practical step-by-step suggestions help in handling everyday situations parents face.

Why a Parenting Programme?



- Parenting is the most important job adults do.
- Many of us are not trained or prepared for the task.
- Challenging behaviour causes stress in families.
- Improves family functioning.
- Learn new skills to manage challenging behaviour.
- Encouragement and support.
- Confident parents make a difference in families.
- Learning parenting skills in a supportive group is effective and fun.

Parenting Skills

- Play/involvement.
- Praise/rewards.
- Limit setting.
- Discipline.

Interpersonal Skills

- Problem solving.
- Anger management.
- Communication
- Depression control.
- Giving and getting support.

Academic Skills

- Learning after-school routines.
- Homework support.
- Involvement at school.
- Teacher conferences.
- Reading.

Where is it held?

This Incredible Years Parenting Programme will be held at:

Te Runanga o Ngati Pikiao

**Start date: Thursday
(evening)**

14 March 2019

6-8:45pm

(14 x 2.5hr sessions in total)