

The Incredible Years

Parents, teachers, and children training series



For parents of 3 – 8 year olds

The Incredible Years Parenting Programme was developed by Dr Carolyn Webster-Stratton, Seattle Washington U.S.A. It is an evidenced based programme, proven to be very successful in supporting parents to parent with more confidence, while helping them to work on reducing children's challenging behaviours.



The Incredible Years Parenting Programme focusses on supporting parents to build a stronger family life, helping parents nurture their child's social, emotional and academic wellbeing - building and strengthening family connections.

To enrol in any Incredible Years Parenting Programme please contact:

Ministry of Education
Incredible Years
Christchurch Office
48 Hereford Street

Ph: 03 378 7300
Incredibleyears.Canterbury@education.govt.nz

Or you are also welcome to contact any of the following organisations which are funded by the Ministry of Education to deliver the programme.

Family Works -
Timaru - 03 688 8716
Ashburton - 0800 477 874
Christchurch - 0800 477 874

Project Early Charitable Trust (Aranui)
Lee Taylor Burt - 0272234232
Sheila Russell - 0272234231

Real Parents Ltd
Anna Mowat - 021712173
Dean Sutherland - 0210690553

Te Puawaitanga Ki Otautahi Trust -
0800 66 99 57 or 03 344 5062

Programme content includes:

- Connecting with your child through play and day to day activities on as a consistent basis as possible
- Using specific labelled praise, encouragement and attention to build your child's self-esteem and feelings of self worth. Making you as the parent also feel better 😊



- How to help motivate children to learn new behaviours, using no cost, low cost rewards on a short term basis - e.g an extra bedtime story 😊



- Setting limits to help children feel safe and secure within reasonable boundaries
- Helping children develop life-long skills through use of positive strategies - how to calm down and manage frustrating times....

Involvement in an Incredible Years Parent Group means you will also

- Participate in group discussions.
- Be expected to attend for at least 11 of the 14 sessions - the first 4 sessions must be attended as they provide the foundation for the programme
- Meet once a week for approximately 2 ½ hours

- Enjoy some scrumptious kai for morning tea or supper
- Be given free resources on a week by week basis to refer to during the programme but also as a handy resource to go back to when you need to refresh your ideas
- Be provided with Dr Webster-Stratton's handy reference book - a wonderful resource
- Have the opportunity to chat with people in similar situations - you are not alone!!
- Have access to 2 wonderful facilitators who will lead the group and provide helpful insights as the weeks go by
- Complete the programme with a Certificate when attendance has been successful
- Celebrate steps of progress with other parents as they also work on their parenting journey

*He waka eke noa
We are all in this together*

This programme is funded - free to parents of 3 - 8 year olds - by the Ministry of Education.

