



About the programme

The Incredible Years parenting programme was developed by Dr Carolyn Webster-Stratton in the USA.

Evaluations of the programme show that it significantly improves parent-child interactions.

The programme is provided by the Ministry of Education at no cost to the participant and is facilitated by trained group leaders.

Meet and greet drop-in: 24 February

Dates: 3 March - 16 June 2021

Time: 9:30-12:00pm
(morning tea provided)

Venue: [Community of St Luke](#)

130 Remuera Road, Remuera 1050

Group leaders

Julia Langford
julial@rtlb7.school.nz

Chelsey Watson
Chelsey.Watson@education.govt.nz

Programme dates

Session 1	Wednesday 3 March
Session 2	Wednesday 10 March
Session 3	Wednesday 17 March
Session 4	Wednesday 24 March
Session 5	Wednesday 31 March
Session 6	Wednesday 7 April
Session 7	Wednesday 14 April
BREAK	Two weeks
Session 8	Wednesday 5 May
Session 9	Wednesday 12 May
Session 10	Wednesday 19 May
Session 11	Wednesday 26 May
Session 12	Wednesday 2 June
Session 13	Wednesday 9 June
Session 14	Wednesday 16 June

Incredible Years Parent programme

The Incredible Years parenting programme acknowledges that parenting is one of the most important jobs adults can do.

The programme aims to encourage positive family relationships.

We provide:

- Practical step-by-step suggestions for parents of 3 to 8 year olds, to help handle everyday family situations
- An encouraging and supportive learning environment
- Strategies to help parents manage challenging behaviors



What is covered in the programme?

- Connecting with your child through play
- Using praise to build your child's self-esteem
- How to use praise and small rewards to motivate your child
- Setting limits
- Helping your child to develop life-long skills through positive discipline

You may find it beneficial if two adults from the family/whānau attend the course so that you can support each other in implementing the strategies. You may also prefer to attend alone if multiple family members attending is not possible, or if you feel that you will be able to share more openly with the group if you attend alone. Let us know what is going to work best for you.

Involvement in an Incredible Years group means you will...

- Learn strategies to manage problem behaviours
- Develop strategies to build positive relationships with your children
- Participate in group discussions
- Attend 14 sessions
- Meet once a week for 2.5 hours



Website: www.incredibleyears.com