

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.

Make a wise investment
in your family

For more information about
Incredible Years
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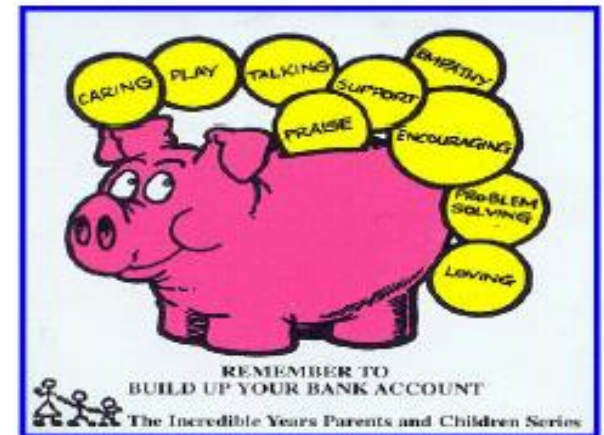
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The
**Incredible
Years** 
Parents, teachers, and children training series

Developed by Dr Carolyn Webster-Stratton



The Incredible Years parenting programme is designed to develop positive family relationships, empower parents to make change and to manage difficult behaviour.

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.



Dr Carolyn
Webster-Stratton

Where are courses held?



The Incredible Years Parenting Programme will be held at a variety of locations in the Waikato, depending on referrals received.

Courses involve 14 weekly sessions, 2½ hours per session (courses are not run during school holidays).