



Name of Parent		
Address		
Phone(s)		
Email		
Child's Name		
DOB*	* Must be between 3 and 8 years of age	
Day of Programme	Monday morning from 5 th March	9.30 – 11.45am
Venue	Lemonwood Grove School	

This programme is free to parents. Morning tea and weekly resources are provided.

The Incredible Years Parenting Programme runs for 14 weeks, for 2 ½ hours once a week.

Kate Walkinshaw | Social Worker

Family Works, Presbyterian Support Upper South Island PO Box 13171, Christchurch 8141

Mobile: 027 886 5780 Email: katew@psusi.org.nz

Erin Sturman | Incredible Years Canterbury District Coordinator

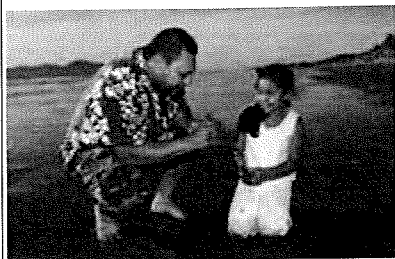
Ministry of Education | PO Box 2522 Christchurch

DDI +64 3 378 7569 | Mobile +64 27 205 7950 Email: erin.sturman@education.govt.nz



Welcome to a fantastic opportunity to grow your parenting skills.

Incredible Years is a great way of meeting other parents and helping one another out with ideas and ways to manage the ups and downs which often comes with parenting. This programme gives parents the opportunity to come together each week and learn ways to help promote their children's social and problem solving skills. Parents also develop approaches to use at home with challenging behaviours, such as aggressiveness, ongoing tantrums and acting out behaviour.



The programme encourages parents to strongly focus on positive behaviours, to spend quality time with children, coach social and emotion competencies, set clear boundaries and expectations with selective use of consequences and puts an emphasis on encouraging children and parents to use calming preventative strategies – it is a supportive and empowering programme within a safe and confidential framework.

If you feel this programme would benefit yourself and your family please get in contact with one of the people listed to discuss the next steps or complete the form on the other side of this and send by email or post to the same people. Alternatively your school or Early Childhood Centre may do this for you☺

Numbers are limited to 18 – hope you can make it.

Kind regards Kate and Erin

