



**Welcome to a fantastic opportunity to grow your parenting skills.
A free parenting programme for parents of 3 – 8 year old children.**

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 Kate to discuss the next steps or complete the form on the other side of this and send by email or post to the same person. Alternatively your school or Early Childhood Centre may do this for you ☺



Numbers are limited to 18
Kind regards

Kate Jones

Name of Parent	
Address	
Phone(s)	
Email	
Child's Name	
DOB*	* Must be between 3 and 8 years of age
Day of Programme	Wednesday Evenings 6.30-9pm
Venue	Lemonwood Grove School

This programme is provided free to parents by the Ministry of Education in collaboration with Presbyterian Support/ Family Works. Morning tea and weekly resources are provided.

The Incredible Years Parenting Programme runs for 14 weeks, for 2 ½ hours once a week – but not during school holiday times!

Kate Jones | Social Worker

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

Mobile: 027 886 5779 Email: katej@psusi.org.nz