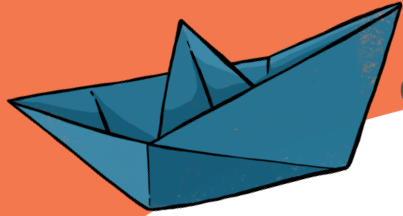


# Wish **parenting** was a bit more **plain sailing**?



**Parenting can be a joy, but it can also be challenging. Some new tools and support can make a big difference.**

Incredible Years is a parenting programme for parents of 3 to 8 year old children who would love to connect with other parents, learn new parenting strategies as well as work alongside two parenting specialists who facilitate the programme

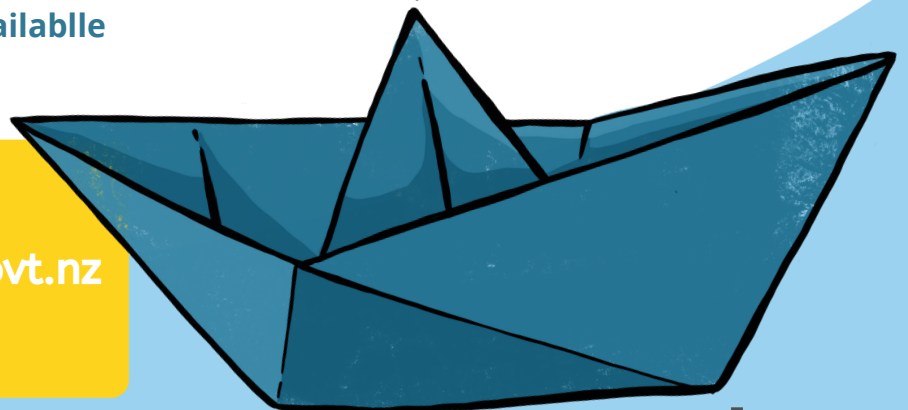
Incredible Years is a 14 week programme, which is a real strength. It gives parents time to implement the parenting strategies with support every step of the way. It also means real connections form amongst the group - much like Plunket groups when our children were babies.

Incredible Years is one of the most researched parenting programmes available in NZ. The outcomes you can expect as a parent, include:

- Building a closer bond between you and your child
- Growing your child's social and emotional skills in order that they can make friends and manage those BIG emotions!
- Understand your child's learning and help them persist with challenging tasks.

**Coming to Selwyn in August**  
**Morning & Evening programmes available**

Supported by the Ministry of Education, Incredible Years is FREE!



**Bookings essential:**  
**[erin.sturman@education.govt.nz](mailto:erin.sturman@education.govt.nz)**  
**027 205 7950**



**real**  
**parents**