

Parents 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
in the Buller, please contact:



Homebuilders West Coast Trust

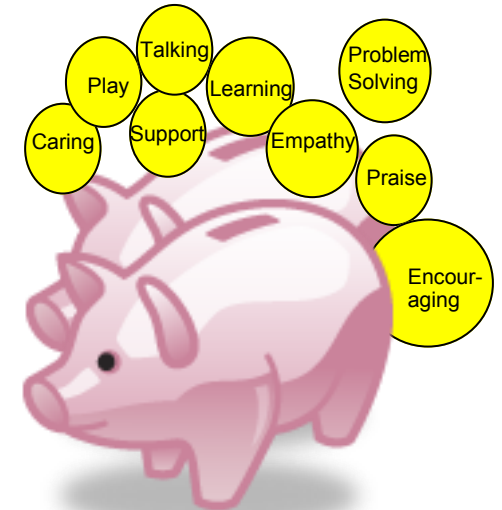
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For more information about the
Incredible Years programme, visit the
Incredible Years website

www.incredibleyears.com

The **Incredible Years** 
Parents, teachers, and children training series

Developed by Dr Carolyn Webster-Stratton

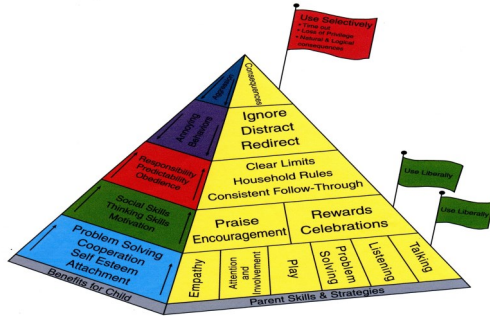


REMEMBER TO
BUILD UP YOUR BANK ACCOUNT

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 that parents face.

Why a parenting programme?



Parenting Pyramid

Incredible Years
2023

- 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 relationships
- Learn new skills to manage challenging behaviour
- Encouragement and support
- Confident parents make a difference in families

What is covered?

Parenting Skills

- Play/ involvement
- Praise/ rewards
- Limit setting
- Discipline

Interpersonal skills

- Problem solving
- Behaviour management
- Communication
- Building relationships
- Giving and getting support

Academic skills

- Learning after-school routines
- Homework support
- Involvement at school
- Reading
- Parent-Teacher conferences



Who

This programme is offered to parents with children aged 3-8 years old.

Incredible Years brings participants together for 2.5 hours each week for 14 weeks.

Cost?

Free!

This exciting programme offers food and free child care during session times, and support with transport to and from our session...

We aim to help make this opportunity work for you!

Interested?

Please contact us immediately to be registered:

Homebuilders West Coast Trust

(03) 788 8065

office@homebuilderswpt.co.nz

We look forward to hearing from you