

# The INCREDIBLE YEARS



## DO YOU NEED SUPPORT TO BE THE BEST PARENT YOU CAN BE?

**The Incredible Years** is a proven parenting programme that gives New Zealand families the confidence to succeed. It's for parents of children aged 3-8 years and involves weekly sessions for **14 weeks**.

Over the weeks, parents develop strategies to build positive relationships with their children and manage unwanted behaviours like aggressiveness, tantrums, swearing, yelling, hitting, answering back and refusing to do as asked.

These behaviours cause enormous family stress and parents can feel alone and helpless. But positive and harmonious family life is possible.

### PROGRAMME DETAILS

Wednesdays, starting 15 August 2018, 6.30-9pm  
At Mairangi & Castor Bays Presbyterian Church  
(access at 10 Penzance Rd, Mairangi Bay)

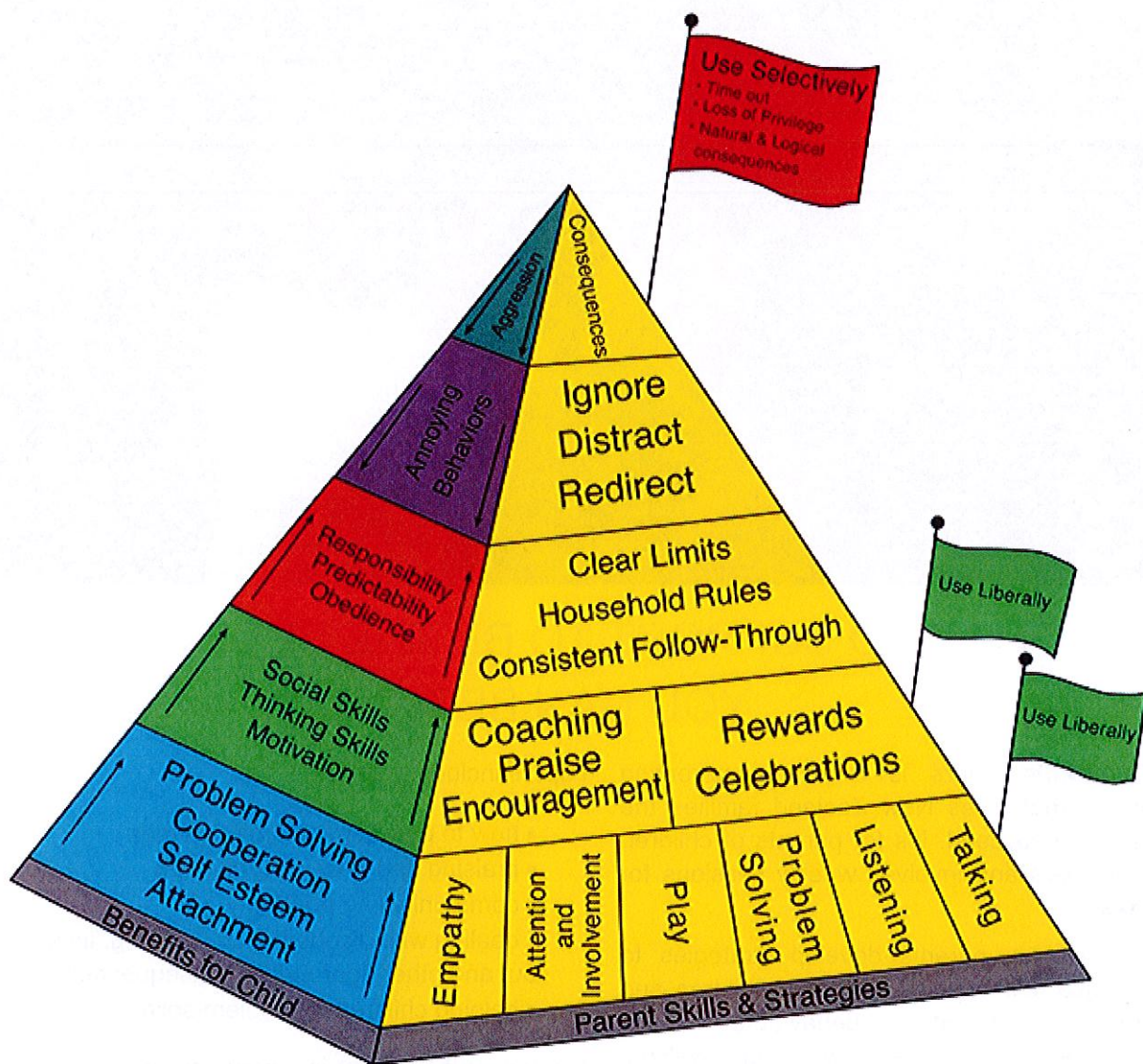
To book please call 09 835 1288  
or email [Admin.Waitakere@fwn.org.nz](mailto:Admin.Waitakere@fwn.org.nz)

**Topics** include:

- how to play / spend time together
- praising and rewarding children
- communicating positively
- dealing with disobedience, ignoring, time-out and other appropriate consequences
- helping children to problem-solve

**The Incredible Years** is a group programme where parents come together each week, talk through what has and hasn't worked, set goals and learn ways to achieve those goals during the following week.





Parenting Pyramid®