

Parent Comments

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.

A great start
for you and
your family.

**For more information
about Incredible Years
Please contact;**

03 755 8700
0800 927 327
Fax (03) 755 8237

WestREAP
72 Tudor Street
P O Box 264
Hokitika

Email:
ece@westreap.org.nz

Websites:
www.westreap.org.nz
www.incredibleyears.com

The Incredible Years 
Parents, teachers, and children
training series

**The Incredible Years
Parenting Programme**

.....

develops positive family
relationships, empowering parents
to make changes and to manage
difficult behaviour.

 **westREAP**
Te Ara Aho
pathways to learning

Rural Education Activities Programme

Why a Parenting Programme?



Parenting is the most important job adults do

- ◆ Many of us are not trained or prepared for the task
- ◆ Challenging behaviours causes stress in families
- ◆ Improves family functioning
- ◆ Learn new skills to manage challenging behaviour
- ◆ Encouragement and support
- ◆ Confident parents make a difference in families
- ◆ Learning parenting skills in a supportive group is effective and fun

What is covered?

Parenting Skills/ Interpersonal Skills

- ◆ Play / involvement
- ◆ Praise / rewards
- ◆ Limit setting
- ◆ Discipline
- ◆ Problem solving
- ◆ Communication
- ◆ Giving and getting support
- Academic skills



**Incredible Years
Parenting Programme is
based on the
Parenting Pyramid.**

