

What people say

“When I first came to you I had no idea how to deal with my boys fighting, whining, moaning and crying, not to forget the tantrums we used to have. I have found all your work and videos very helpful. They have inspired me to do better as a parent and I have learnt many new ways to handle these situations.”

“We are closer to each other more now than before. I understand my children’s need for attention.”

“I now listen to my children, talking things out calmly.”



Contact Family Works for details of a course near you:

Whangarei (Genesis Centre)

16 Mair St, Regent, Whangarei 0112
Ph: 09 437 6729
Email: admin.whangarei@fwn.org.nz

North Shore

PO Box 150, Albany Village, Albany 0755
Ph: 09 448 2633
Email: admin.waitakere@fwn.org.nz

Waitakere

3 Montel Avenue, Henderson, Auckland 0612
Ph: 09 835 1288
Email: admin.waitakere@fwn.org.nz

Auckland (Leslie Centre)

37B Dornwell Road, Mt Roskill, Auckland 1041
Ph: 09 639 2016
Email: admin.lesliecentre@fwn.org.nz

East Auckland

PO Box 14714, Panmure, Auckland 1741
Ph: 09 580 1284
Email: admin.lesliecentre@fwn.org.nz

South Auckland (Te Hononga)

10 Mahia Road Manurewa, Auckland 2102
Ph: 09 269 1009
Email: admin.tehononga@fwn.org.nz

Waikato (Te Ara Hou)

100 Morrinsville Rd, Silverdale, Hamilton 3216
Ph: 07 858 4413
Email: admin.waikato@fwn.org.nz

Tauranga (Hillier Centre)

31 Gloucester Rd, Mt Maunganui, Tauranga 3116
Ph: 07 575 9709
Email: admin.tauranga@fwn.org.nz

Whakatane

156 The Strand, Whakatane 3120
Ph: 07 307 1133
Email: admin.whakatane@fwn.org.nz

Rotorua

1083 Eruera St, Rotorua 3010
Ph: 07 349 0990
Email: admin.rotorua@fwn.org.nz

Taupo

Tauhara Wing, Waiora House, 129 Spa Rd, Taupo 3330
Ph: 07 378 6480
Email: admin.taupo@fwn.org.nz

www.northern.familyworks.org.nz
www.facebook.com/familyworksnorthern

A service proudly provided by



Presbyterian Support
Northern



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

The Incredible Years

Parenting with confidence



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

Welcome to parenting!



Being a parent is probably the hardest job an adult will ever undertake, but most people have very little training and preparation for it.

If you are interested in learning more about effective, positive parenting **The Incredible Years** could be for you.

It's a group programme for parents with children aged 3 to 8 years old that provides parents and caregivers with useful information and practical guidelines on how to handle a variety of challenges involving children/tamariki and young people/rangatahi.

Through **The Incredible Years** programme you will learn ways to:

- build healthy relationships with your children
- encourage positive behaviour
- address challenging behaviour.

With increased confidence and effective skills to manage the inevitable ups and downs of parenting, you're more likely to enjoy your role as a mum or dad. Your children will be happier too.

Programme topics

The Incredible Years course is full of useful information and practical guidelines. It covers topics such as:

- helping your child learn through play
- understanding your child's development
- using praise and encouragement to motivate your child
- setting clear limits and rules
- encouraging your child to solve problems
- spending time with your child
- communicating well with your child.



What happens at the programme?



The Incredible Years consists of 14 weeks of weekly two-hour sessions in a small group with other parents and caregivers. Children do not attend, but childcare may be available.

You will be able to talk about parenting principles and strategies, and discuss video clips of parents interacting with children in common family life situations.

Participants are encouraged to share their experiences and to identify their own strengths which they can build on to develop more positive interactions with their children.

You will also be able to practise new skills through practical exercises and homework tasks.

The Incredible Years is run by experienced Family Works Northern family workers who are specially trained facilitators.