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 this programme and the videos very helpful. I am inspired to do better as a parent and have learnt many new ways to handle these situations.

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

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

Contact Family Works for information on courses near you

Family Works Whangarei
16 Mair St, Regent, Whangarei
Ph: 09 437 6729 | admin.whangarei@fwn.org.nz

Family Works Auckland West
2171 Great North Road, Avondale, Auckland
Ph: 09 835 1288 | admin.waitakere@fwn.org.nz

Family Works Central
37B Dornwell Road, Mt Roskill, Auckland
Ph: 09 639 2016 | admin.waitakere@fwn.org.nz

Family Works Waikato (Te Ara Hou)
100 Morrinsville Rd, Silverdale, Hamilton
Ph: 07 858 4413 | admin.waikato@fwn.org.nz

Family Works Rotorua
48 Biak Street, Mangakakahi, Rotorua
Ph: 07 349 0990 | admin.rotorua@fwn.org.nz

Family Works Taupo (Tauhara Wing)
Waiora House, 100 Kaimanawa Street, Taupo
Ph: 07 378 6480 | admin.rotorua@fwn.org.nz

Provided by Presbyterian Support Northern
Charity #CC21532

Familyworks
Presbyterian Support Northern

The Incredible Years

Parenting with confidence

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 then 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.

Learn ways to:

- Build healthy relationships with your kids
- 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 identify their own strengths that 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 Workers who are specially trained facilitators.