

The Incredible Years Parenting Programme facilitated by:

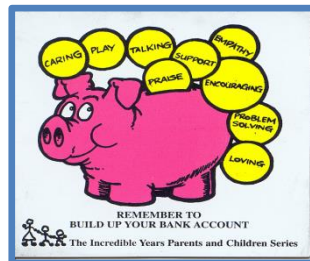
Paula Smith and Terry Tolhopf
(Registered Social Workers, Kahui Ako)
Martha Buenrostro
(Psychologist, Ministry of Education)

Developed by
Dr Carolyn Webster-Stratton
Presented by
Trained Facilitators
Contact us on 0272208102



- A **FREE** course
- **Start Date: Friday the 7th August 2020**
- **End Date: Friday the 20th November 2020**
- For 13 weeks – **excluding** school holidays
- 09.30 a.m. – 11.30. (morning tea provided)
- **Venue:** St George's Anglican Methodist Church, Domain Road
- A Group of similar minded parents
- Couples and single parents
- **Sadly No child care facilities are available**
- But bring a pen, a smile and a commitment to attend

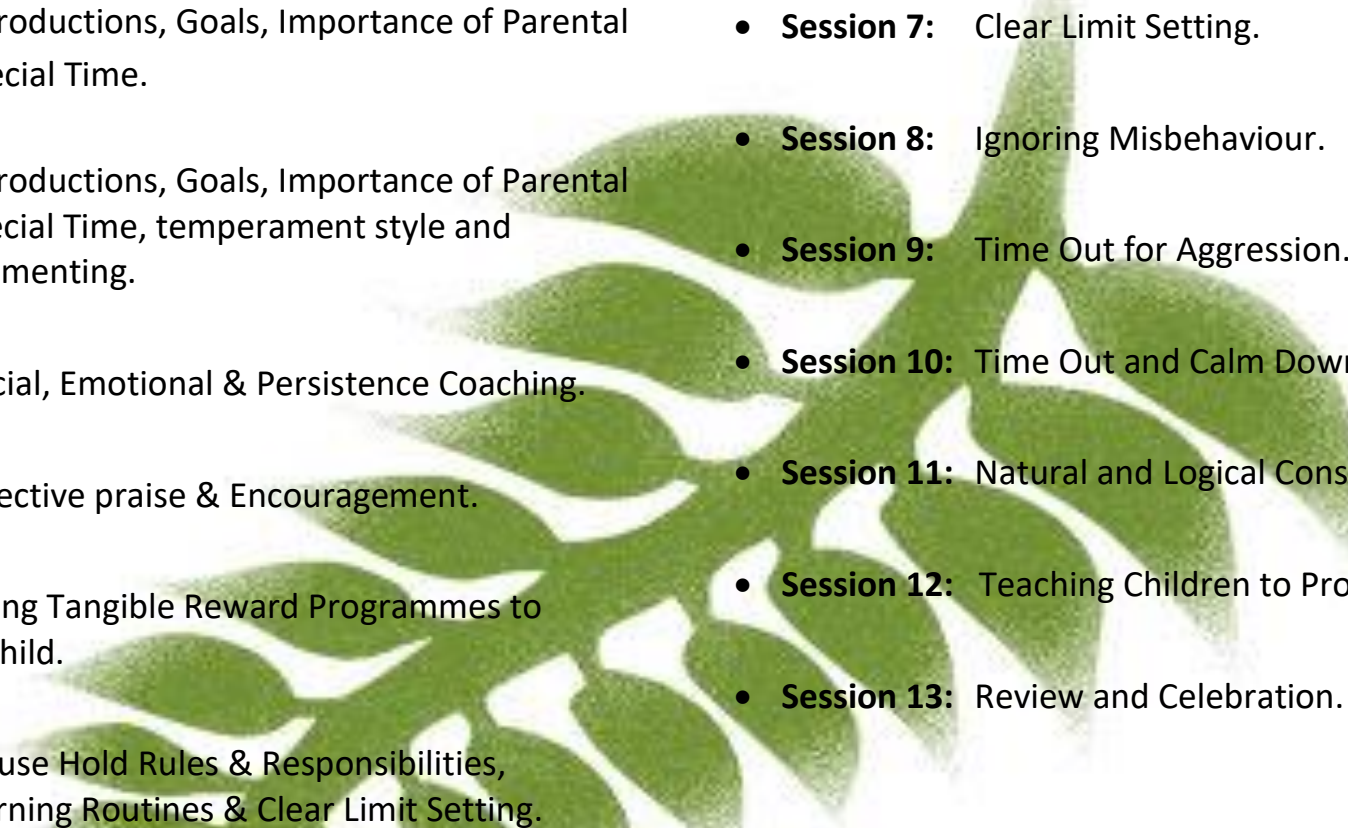
Make a wise investment in your family



This parenting programme is designed to develop positive family relationships, empower parents to make changes and to manage difficult behaviour.

Practical step-by-step suggestions are provided on how to handle the everyday situations that parents face.

**The Incredible Years School Age Programme for
Parents**
**For parents of Children from
SCHOOL Age children**

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- **Session 1:** Introductions, Goals, Importance of Parental Attention & Special Time.
 - **Session 2:** Introductions, Goals, Importance of Parental Attention & Special Time, temperament style and descriptive commenting.
 - **Session 3:** Social, Emotional & Persistence Coaching.
 - **Session 4:** Effective praise & Encouragement.
 - **Session 5:** Using Tangible Reward Programmes to motivate your child.
 - **Session 6:** House Hold Rules & Responsibilities, Predictable Learning Routines & Clear Limit Setting.
 - **Session 7:** Clear Limit Setting.
 - **Session 8:** Ignoring Misbehaviour.
 - **Session 9:** Time Out for Aggression.
 - **Session 10:** Time Out and Calm Down.
 - **Session 11:** Natural and Logical Consequences.
 - **Session 12:** Teaching Children to Problem Solve.
 - **Session 13:** Review and Celebration.