



TE RARAWA



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- Morning tea provided
- Free childcare
- Transport vouchers available
- Weekly spot prizes
- Graduation Certificate and celebration lunch out on us!

"This class was a life changing experience for me. Being a parent is the most important job in my life and it was also the one that I had the least coaching, education and training for."



With funding assistance from



The Incredible Years programme is hosted by Te Rarawa and funded by the Ministry of Education

The presenters are Accredited Incredible Years Group Leaders or trained course facilitators, with a wealth of experience in working with families.

Course Dates

10am—12:30pm, 14 Weeks
Wednesdays or Thursdays
24 February-17 June 2021

Toka Tumoana
26 Matthews Ave
Kaitiāia

Contact Details

Medadane or Anita
IYP@terarawa.co.nz
Text or call 027 550 6788
Phone 0800 8367 2642

Te Rarawa
16 Matthews Ave, Kaitiāia



The Incredible Years[®] Parents, teachers, and children training series 

NGĀ TAU MĪHARO 2021
POSITIVE PARENTING PROGRAMME

**A FREE & POWERFUL
PROGRAMME FOR PARENTS
& CAREGIVERS OF
TAMARIKI AGED 3-8**

From 24 Feb 2021,
Wednesdays or Thursdays
14 weeks, 10AM to 12:30pm, Kaitiāia

Contact 0800 8367 2642
IYP@terarawa.co.nz
Text or call 027 550 6788

What is Incredible Years?

The Incredible Years programme is a parenting programme aimed at helping you:

- Building a strong foundation for improving your relationships with your children
- Stimulate your children's development
- Use positive and nurturing parenting styles
- Gain skills to feel more confident about parenting

Who can attend?

Incredible Years is a programme for parents and caregivers of children ages 3 to 8 years.

How long is the programme?

Each course involves weekly sessions of around two hours for 14 weeks.



The Incredible Years Parenting Programme focuses on:

- The benefits of playing with your children
- The value of effective praise
- Using rewards to motivate your children
- How to set limits with your children
- How to manage behaviour

Does it work?

Parents have stated that their children's behaviour has markedly improved; they showed a reduction in challenging behaviours, and have a happier family life.

Parents report that their children:

- Have gained confidence
- Manage emotions better
- Are more cooperative
- Are happier overall



The Incredible Years Parenting Programme has been extensively evaluated, and will continue to be evaluated, giving New Zealand families the confidence that it works.

A variety of approaches are used:

- Video modeling
- Group discussion and support
- Practice activities within sessions
- Home activities
- Goal setting

The programme is highly interactive, collaborative and self-directed - it all adds up to a more enjoyable family life, and children who can get on better with others and succeed at school.

