



# The Incredible Years Autism Parenting Programme

**Incredible Years Autism is a parenting programme for parents of 2 to 5 years old children (suspected or diagnosed with autism). The programme supports parents to learn some new strategies to support their child's development.**

Incredible Years Autism is an extensive 14 week programme. The content is designed to support the development of social communication, language development, emotional coaching and regulation, and positive behaviour.

Supported by the Ministry of Education, Incredible Years Autism is **FREE** for parents to attend

Incredible Years parenting programmes are some of the most researched parenting programmes available in New Zealand. The outcomes parents can expect from the programme include:

- An improved understanding of your child's behaviour
- Increased ability to support children's behaviour effectively
- The ability to support a child's ability to self-regulate their emotions
- The tools to support children to develop social skills and empathy
- Joy and ease in your family life

## Two of our team



**Anna Mowat**

Anna is a Mum to 3 girls, has a background in psychology and is our Real Parent director. She works one-on-one with families as well as writes and advises for a number of national whānau and tamariki wellbeing projects.



**Kate Jones**

Kate is a Mum of 2 and a social worker with loads of experience and a deep empathy for working with parents who have experienced trauma. She has also worked clinically across schools and with whānau directly.

## Bookings Essential

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**real parents**

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