

# The Incredible Years Parenting Programme

**Parenting is a joy, but it can also be challenging. Some new tools and support can make a big difference!**

Incredible Years is a parenting programme for parents of 3 to 8 year old children who would love to connect with other parents, learn new parenting strategies as well as work alongside two child specialists who facilitate the programme.

This programme is 14 weeks long, which is a real strength. It gives parents time to implement the parenting strategies with support every step of the way. It also means that real connections form amongst the group - much like Plunket groups when our babies were very young.

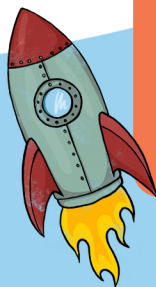
Supported by the Ministry of Education, Incredible Years is FREE for parents to attend.

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

- Building a closer bond between you and your child
- Growing your child's social skills in order that they can make friends
- Developing your child's ability to manage those BIG emotions
- Understanding how to encourage your child's learning and support them to persist with challenging tasks.

**real parents**

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## 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.



**Emma Chapman**

Emma is a Mum to 2 kids and a super experienced child and family psychologist. She has worked across loads of organisations supporting tamariki and their whānau during tricky times.

## Bookings Essential

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