

# Helping your Child

Contributed by Administrator  
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## INCREDIBLE YEARS PARENT PROGRAMME

Incredible Years Parent Programmes are running throughout the year. Please register your interest in attending a programme by emailing

[IncredibleYears.Northern@minedu.govt.nz](mailto:IncredibleYears.Northern@minedu.govt.nz)

### Target Participants:

Parents of children aged up to 7 years (Early Years Group) or up to 10 years (School Age Group) where one or more children have significant behavioural concerns.

### About the Programme:

The Incredible Years programme is a highly evidence based and extensively evaluated programme. It has a 25 year history and operates successfully in many countries.

Programmes in New Zealand show reductions in problem behaviours across a range of families and cultures.

The Incredible Years Parent programme is intended to reduce challenging behaviours and increase social and self-control behaviours in children. The course supports parents to build positive relationships with their children, and manage problem behaviours.

Parents will further their abilities in spending positive time with their children, praising and rewarding, setting limits, dealing with disobedience and helping their children to problem solve.

The aim is to support a more enjoyable family life and kids who can get on better with others and succeed at school.

The programme is delivered over a period of approximately 14 weeks.

Further information can be found at [www.minedu.govt.nz](http://www.minedu.govt.nz) or [www.incredibleyears.com](http://www.incredibleyears.com)

Cost: Free of charge

