

## How do I register for this Programme?

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Progress with vision, integrity and love | [www.kristin.school.nz](http://www.kristin.school.nz)  
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## The Incredible Years



A programme designed to support parents to build their children's emotional, social and academic competence.



**Do you have days where you feel as though you have tried everything to manage your child's behaviour and nothing seems to work?**

**Do you ever wish you could experience more of those warm fuzzy feelings, when your child does what they are meant to do?**

Parenting is probably one of the most difficult jobs an adult will undertake but probably also one for which the least amount of training and preparation is provided.

Kristin School is delighted to be offering a free innovative, user friendly parenting programme called The Incredible years. The programme is designed for the parents of Junior school students who are interested in new ways of strengthening their family relationships and managing their children's behaviour.

## **Where was the programme developed?**

The Incredible Years programme was developed by Dr Carolyn Webster-Stratton in Seattle, USA. It has been thoroughly trialled and run successfully for the past 25 years. On completing the programme, parents have reported being more equipped to prevent behaviour problems but also with strategies to increase their children's social and emotional confidence. Because of its effectiveness, a variety of agencies in New Zealand are now introducing this programme.

## **What does the programme cover?**

- Engaging positively with your child through play
- Learning how effective praise can build your child's self esteem
- Motivating your child through rewards
- Clear limit setting and consequences
- Effective strategies for handling misbehaviour

## **What does it involve?**

- Meeting once a week for two hours at Kristin School, time to be advised
- Attending for seven weeks
- Participation in group discussions
- We encourage you to bring a partner or relative
- Book a babysitter to look after the children while you invest in their future

## **A Kristin parent who has recently completed the programme has given the following feedback.**

"For us, the Incredible Years programme had a profound effect on our family life. The strategies we learnt resulted in immediate and positive changes. From the skills we acquired my husband and I are able to approach situations in a more calm, confident and effective way. And the best part is that we continue to grow stronger as a family and experience a more harmonious family environment".

