

The Incredible Years Parent Programme



The Incredible Years Parent Programme in Hawke's Bay and Tairāwhiti is a joint initiative between Birthright Hawke's Bay, Enabled Wairoa, Family Works, Napier Family Centre, Te Taiwhenua o Heretaunga, and the Ministry of Education.

Courses will be run on a regular basis depending on demand, usually starting every six months. Your details will be held on a database and may be shared with organisations who are contracted to deliver the programme. Group facilitators will contact you when a course is available.

****Parent/caregiver consent is required for this expression of interest.***

Parent / Caregiver /Whānau wishing to attend the programme	
Name(s):	
Address:	
Mobile ☎:	Home/Work ☎:
Email:	
Preferred way of being contacted:	

Names of children you are currently caring for	Date of birth

I consent to this expression of interest being made to the Incredible Years Parent Programme:

Parent/Caregiver Signature: _____ **Date:** _____

Course location preference (please TICK)

Napier Hastings Central Hawke's Bay Wairoa Gisborne

Course time preference (please TICK)

Day Night Either

Contact Person details if you are referring parents to the Incredible Years programme:

Name:	Role:
Agency:	Referral Date:
Contact Phone ☎:	Email:

Please complete and send to:

By Email: enquiries.napier@education.govt.nz

By Post: Ministry of Education, 8a Lever St, Ahuriri, Napier 4110

By Email: MoE.Gisborne@education.govt.nz

By Post: Ministry of Education, 42 Grey St, Gisborne 4010

Incredible Years

www.incredibleyears.com



Ngā Tau Mīharo

werryworkforce.org

Parenting is rewarding but hard work. The Incredible Years Parent Programme is a research-based programme for parents (or caregivers) who have young children aged from 3 to 8 years with challenging behaviours. The programme provides practical suggestions in every-day situations with a focus on you and your child's wellbeing.

Learning parenting skills in a supportive group is effective and fun. The facilitators will build on what you are already doing well and support you with different ways to manage your child's behaviour for the things that are not going so well.

Expressions of interest to the programme can be made by either the parent/caregiver or by others involved in supporting the whānau (with parent permission) by completing this form.

The programme helps to:

- Develop positive family relationships
- Provide whānau with new strategies to prevent misbehaviour
- Provide a support network for parents and caregivers
- Increase children's social skills at home, early childhood settings and school

What the course covers:

Parenting Skills:

How to play with your child

Praise and rewards

Effective limit setting

Preventing and handling misbehaviour

Personal Skills:

Communication, Problem Solving, Stress Management, Giving and Receiving Support

Programme details:

- You are welcome to attend the programme if you are a mum, dad, grandparent or caregiver. Support people can come too but no children sorry.
- The group meets for 2.5 hours each week for 14 weeks with a break in the school holidays. You need to be prepared to attend all sessions.
- There is no cost to participate but you may have to think about costs related to childcare while you are at the weekly sessions, and the cost of getting to the venue. Sometimes we can help with this.
- It is run in a small group (14-18 adults), with 2 trained facilitators.

If you would like to talk about a programme, please make direct contact with:

The Incredible Years Coordinator at the Ministry of Education, Hawke's Bay-Tairāwhiti: ☎ (06) 833 6730

If you would like more information you can visit the following websites:

- <https://pb4l.tki.org.nz/Incredible-Years-Parent>
- <http://www.incredibleyears.com/>

