

Groups start soon

Contact Parentline to register,
and to confirm
venue and start date

Phone
355 1655
or call free
0800 432 6459

‘Parent Help’
Phone Support line

Parenting support available
24 hours a day on
0800 568 856

Supporting parents to care for children
He tautoko i ngā mātua ki te manaaki tamariki

Need a listening ear?

Parentline offers confidential counselling. Whether it is support with a particular problem you are facing or whether you just need a place to sound things out, a counsellor can help you get perspective and reach solutions.

Open Hours:
Mon - Fri 9.30 - 3.00



Hancock Community House, 77-85 King Street, PO Box 2014, Palmerston North 4440
Phone (06) 355 1655 Free phone 0800 4 Family (0800 432 6459)
Fax (06) 355 1722

Email admin@parentlinemanawatu.org.nz
Website www.parentlinemanawatu.org.nz

Facebook - Parentline Manawatu



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The Incredible Years

The Incredible Years

Developed by Dr Carolyn Webster-Stratton

The Incredible Years parenting programme is designed to develop positive family relationships, empower parents to make change and to manage difficult behaviour. Practical step-by-step suggestions help in handling every day situations parents face.

Why a parenting programme?

- Parenting is the most important job adults do.
- Many of us are not trained or prepared for the task.
- Challenging behaviour causes stress in families
- Improves family functioning
- Learn new skills to manage challenging behaviour
- Encouragement and support
- Confident parents make a difference in families
- Learning parenting skills in a supportive group is effective and fun.

What is covered?

Parenting skills

- Play/involvement
- Praise/rewards
- Limit setting
- Discipline

Interpersonal skills

- Problem solving
- Communication
- Giving and getting support

Parentline is offering this group to parents of children aged 3 to 8.

The programme runs for 2 to 2.5 hours per week for 14-18 weeks.

For more information about
The Incredible Years
please contact
Di Thomas
Ministry of Education
Special Education
Phone: 06 350 9859
or visit
The Incredible Years
website:
www.incredibleyears.com

Other Parentline courses:

Triple P Discussion Groups

Two hour discussion groups on a range of topics. To help parents make decisions that work for their family through education and discussion.

Triple P Teen Group

For parents of teenagers. To help you do the best for your teenagers and have an enjoyable family life!

Triple P General

For parents of children aged 3-10 yrs. 5-6 group sessions over 6-8 weeks. Gives you support to help you manage your child's behaviour and become a more confident parent.

Great Fathering

A group for men committed to the care and well being of their children.

Blended Families

Looking at what makes up a Blended Family, what are the myths and fallacies? Learn about the challenges, solutions and strategies.

Parenting Through Separation

A 4 hour programme to help people, with children, who have separated or are thinking about separating.

Triple P Teen Discussion Groups

In a relaxed 2.5hr group session, you will learn tips and suggestions for dealing with your teenager's problem behaviour.