



Want next level parenting strategies?

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

Incredible Years for Toddlers is a parenting programme for parents of 1 to 3 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.

Incredible Years is a 12 week programme, 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 our 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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www.realparents.org



Two of our facilitators



**Dr Dean
Sutherland**

Dean is Dad to 3 teenagers. He's also a Speech-Language therapist and a senior lecturer at the University of Canterbury.



**Anna
Mowat**

Anna is a Mum to 3 girls. She has a background in psychology and English. Anna also works across the All Right? campaign and CDHB and Auckland University project developing a parenting app.

Dean and Anna co-direct Real Parents

Bookings Essential

Contact Anna

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