



Barnardos
Aotearoa

Incredible Years Parenting Programme



Nelson area (tbc)



Wednesday 12 March -
Wednesday 25 June 2025

Held every Wednesday.

A two-week break occurs during
school holidays - 16th and 23rd April
2025.

6.00pm - 8:30pm

This course is suitable for parents/carers of children aged three-to-eight years.

Incredible Years is a free 14-week programme for parents and caregivers of children aged three-to-eight years old, to grow their positive parenting skills.

It provides practical help and support focused on:

- enhancing children's social skills
- child-led play
- using praise and enhancing positive behaviours
- establishing routines
- setting clear rules and boundaries.

The purpose of this course is to resource parents and caregivers with tools to understand their children's behaviour and development, promote positive parenting and healthy communication within the family.

If transport or childcare is a barrier, please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos.



1/186 Queen Street, Richmond, Nelson



barnardos.org.nz



nelson@barnardos.org.nz



03 539 0019