

The Incredible Years Autism programme

for parents of children aged
2-5 on the autism spectrum

Contact us:



We know that children on the autism spectrum are more likely than their peers to have behaviour issues and their parents are more likely to experience high levels of stress.

We also know it's the key adults in a child's life who have the biggest impact and can make the greatest change, so this programme supports you, as parents and caregivers, to create the best learning environment for your tamariki.

What the programme involves

With the help and support of highly skilled programme leaders, parents and caregivers meet for 2 hours each week, over 14 weeks, to explore and discuss parenting strategies together.

Using group discussions, real-life situational videos and group problem solving, the programme helps you build your parenting skills and confidence. It's highly interactive and collaborative, and is driven by your child's developmental abilities and goals.

Over the course of 14 weekly sessions, you'll learn to engage and play with your child in ways that support their language development and emotional self-regulation. You'll also learn how to support your child's social skills and empathy, and help them to form positive relationships.

It's important to remember this programme is quite a significant time commitment, but it also offers you the chance to meet and talk with other parents who may be working through similar challenges.



Where the programme is being offered

The programme is initially being offered in Auckland, Tauranga, Hawke's Bay, Wellington, Nelson, Christchurch and Invercargill, with more programmes being announced later this year. The first parents started the programme in April 2018.

How you can access the programme

Parents of children on the autism spectrum can be referred to the programme by early learning services or schools, health professionals and community organisations, or you can refer yourself. You can do this by contacting your local programme provider – you'll find their details on the back of this pamphlet.

What else you should know

The Incredible Years Autism programme is one of two Incredible Years programmes being offered by the Ministry of Education specifically designed for parents and teachers of children aged 2-5 on the autism spectrum. The other is the Incredible Years Helping Children with Autism programme, for teachers. Ideally, both you and your child's teacher will attend Incredible Years Autism programmes, as partners.

Email incredibleyears.autism@education.govt.nz to find out more, or visit the Ministry's website: <http://pb41.tki.org.nz/Incredible-Years-Autism>