

# 123 Magic<sup>®</sup> & Emotion Coaching



Sick of the kids arguing and fighting?

Are you yelling more than you want to?

Need strategies to manage challenging behaviour when out in public?

## WHAT'S THE PROGRAM ABOUT?

123 Magic<sup>®</sup> & Emotion Coaching focuses on helping children 2-12 years to self-manage their behavior using simple methods.

## WHAT CAN YOU EXPECT?

Through the DVD, booklet, practical exercises, group discussion and brainstorming we will explore:

- Ideas and principles about parenting
- Patterns that develop in families and how to change unhelpful patterns
- A variety of tools for changing behavior

## WHAT WILL YOU LEARN?

- Three strategies to choose from when your child exhibits challenging behaviours
- Three straightforward steps to: control challenging behaviour, encourage good behavior, strengthen your relationship
- How your own behavior can influence your child and how to encourage cooperation around the home
- Simple strategies to practice being a calm parent. Discover how your silence can speak louder than words.

## WHO IS IT FOR?

- Parents/carers of children 2-12 years

## WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM

"The facilitators explain things very well. They made me feel very comfortable and valued my contributions."

"The course was simple to follow, easy to use and implement straight away. Staff helpful, respectful, patient and friendly."

"Great course. Feeling much more confident and looking forward to implementing and to seeing results. Handbook was great for note taking and referral at home. Slides were easy to follow. I really enjoyed the discussion having other people's point of view."

The course runs for three weeks, for two hours each week (four weeks online for one and a half hours per week).

**COST:** Free

**CONTACT:** Alison Smith

Bookings are essential

For further information on any of our programs or workshops, please call 9:30am-4:00pm, Monday to Friday (02) 4720 6500 or ask at reception.

Childminding is available at various times.