

Bringing Up Great Kids

WHAT'S THE PROGRAM ABOUT?

Relationships and reflective practices are the heart of this program.

WHAT CAN YOU EXPECT?

This is an interactive course for parents/carers of children 0-12 years to identify the important messages they want to convey to their children and understand messages that children communicate to their caregivers through their behaviour.

WHAT WILL YOU LEARN?

- Learn more about the origins of your own parenting style
- Understand the underlying messages to children's behavior
- Discover how to overcome some of the obstacles getting in the way of being the kind of parent you would like to be
- Learn about the importance of building self-esteem in children
- Discover ways you can take care of yourself and to find support when you need it.

WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM

"Wish it was longer, loved it very much."

"Thank you for all your help, support and teaching me new skills on my parenting journey."

"A great reminder, helping me to slow down activities (mindfulness)."

"Great facilitator, Fantastic group that touches on things I was unaware of. It is a fantastic group and helps you communicate better with your children."

The course runs for five weeks for two hours each 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.