

Bringing Up Great Kids



Overview

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

Program Content

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

Date: Mondays - 6 weeks

25th July to 29th August

OR

Wednesdays – 6 weeks

27th July to 31st August

Time: 10.30 am – 12.30pm

**Where: - ONLINE with
Community Health NBMLHD**

**Contact: The Central Referral
Service to register your interest.**

Phone – 1800 222 608