

Bringing Up Great Kids

Online Parenting Program

Term 1 2022



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.

Dates: Wednesday mornings,
9 March – 6 April (5 weeks)

Time: 10am-12noon

Where: ONLINE via Zoom

Cost: Free

What will it be like online?

Sessions will be held online, for 2 hours each week, at the set dates and times above. As well as seeing and hearing the group facilitators, you will be able to see and hear other participants, watch videos, participate in group exercises and discussions, learn new parenting ideas and share your experiences - all in the safety and comfort of your own home!

What equipment will I need?

To participate, you will need a device that has an internet connection, a connected camera, speakers and a microphone (or phone).

Places are limited. Bookings are essential.

To register, please call **02 9636 8437**.

Alternatively, you can fill out our Expression of Interest form at www.tinyurl.com/parenting2022