

**FREE**



# Bringing Up Great Kids

This free interactive 4 week program will assist parents to increase their confidence, reduce stress and family conflict, and build positive child-parent relationships. Topics covered include:

- **Messages from the past – beliefs and values about parenting:** What are my goals as a parent? What hopes and dreams do I have for my kids?
- **Brain development and its relationship to behavior:** Why won't they do what they are told when I have told them 100 times?
- **Giving and receiving messages:** What type of communication style do I have? What about the other members of my family?
- **The message of behaviours:** Why do my kids do what they do? Are they just trying to push my buttons?
- **Messages about me:** Why are my children so different? Why do they respond so differently to the same thing?
- **Passing on messages:** Where to from here?

**Mallabula Hall**

**1195 Lemon Tree Passage Road**

**Mondays—9:30 am – 12 pm**

**Commencing Monday Feb 26 2018**

**Bookings essential — phone Carmel Smith on 0455 085 244 or**

**Lyn on 4984 5298**

**Morning tea provided. Need childcare? Please let us know when you register**

Communities for Children Facilitating Partner Initiative Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family



*everyone's family*

