

FREE



Bringing Up Great Kids

This free interactive **5** 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 14th May 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

