

## Bringing Up Great Kids

Bringing Up Great Kids is a four session Reflective Parenting Program suitable for parents with children aged 0 – 12. The program focuses on:

- Messages received from our childhood and the impact it has on our parenting styles
- Early brain development in children
- Positive communication patterns that encourages calm and respectful family interactions
- Stress management for parents and children

### DAY GROUP

Tuesday Mornings: 10am -12pm

Dates: 7<sup>th</sup> August  
14<sup>th</sup> August  
21<sup>st</sup> August  
28<sup>th</sup> August

The BRINGING UP GREAT KIDS Program is FREE of charge.

Please note that child minding is  
unavailable.

For further information or to register  
please phone **1300 364 277**

