

Bringing up Great Kids

FREE ONLINE PARENTING PROGRAM



Date: 23 Feb - 30 March 2021 (6 weeks) | **Day:** Tuesdays | **Time:** 7 – 9pm
Location: Online/Zoom | **Cost:** Free | Bookings essential, limited placements.
To book, please email adminteam@innatetherapies.com or phone 0414 480 934

Bringing Up Great Kids program is a group based supportive program for parents which focuses on reflective and mindful parenting who are wanting support to be the best parent they can be. Bringing Up Great Kids recognises the challenges of parenting and provides strategies they can use in their everyday parenting life. It assists parents to understand that all children are different, and they have different needs that are looking to be met.

Bringing Up Great Kids uses mindfulness and reflection to support parents to explore and recognise their patterns of communication with their children. Bringing Up Great Kids focuses on respectful interactions and encourages the development of children's positive self-identity.

Bringing Up Great Kids is a fun, interactive, and guilt-free parenting program. Bringing Up Great Kids offers parents practical information to understand the emotional development of their children, develop attentive communication skills with their children and works towards building a strong, mutual respectful relationship with your child/children.

The program is structured over six chapters and each chapter builds on the previous chapter. Bringing Up Great Kids is a child centred, family focused and strength-based program for parents which supports them to improve their parenting approach and enjoy their parenting journey.

The aim of Bringing Up Great kids is for parents to:

- Know how to build positive and respectful relationships with their children
- Identify how to respond to their children's needs
- Learn more about your parenting style
- Understand the messages children give and receive
- Be able to source information and support for their parenting roles
- Understand the obstacles that get in the way of you being the parent you want to be
- Learn about the importance of building your child's self confidence
- Learn strategies to use when things are challenging.

Funded by the Federal Government and Mission Australia.

Program proudly brought to you by:



Australian Government