

# Bringing up Great Kids



**Date:** Wednesday 7th August – 28th Aug 2024 (Inclusive)

**Time:** 9:30am – 12:30pm | **Location:** Hambledon House, 177 Bruce Hwy Edmonton

**Cost:** Free | Bookings essential, limited placements. All resources and morning tea provided.

Please book online at <https://innatetherapies.com/events-with-innate-therapies/> or you can contact us at [adminteam@innatetherapies.com](mailto:adminteam@innatetherapies.com) or phone 0414480934

**Bringing Up Great Kids – Is a four-week parenting program which is an evidence-based program.**

**Bringing Up Great Kids (BUGK) programs and resources support parents 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 the children in their care and how to achieve this
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Discover how to overcome some of the obstacles getting in the way of them being the kind of parents they would like to be
- Discover ways for parents to take care of themselves and to find support when they need it.

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Australian Government