

Bringing up Great Kids



Dates: Tuesday 15th, 22nd, 29th of October and 5th November 2024 (4 weeks)

Time: 10:30am – 1:30pm

Location: Indigenous Knowledge Centre - Meeting Room 5 Noble Drive, Yarrabah

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 or phone 0414480934

Bringing Up Great Kids – Is a four-week parenting program which is a evidence-based program and has been tailored for Aboriginal and Torres Strait Islander families.

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