



The Bringing Up Great Kids program is underpinned by a philosophy of promoting and supporting respectful, caring and nurturing relationships between parents and their children.

This program assists parents to:

- Become more reflexive and mindful in their parenting
- 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 their children and how to achieve this
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour
- Overcome some of the obstacles getting in the way of them being the kind of parent they would like to be
- Discover ways to take care of themselves and to find support when they need it.

The program will commence in term 4. If you would like more information please contact Kimberlea Green on 03 9742 6659