



Bringing Up Great Kids - Term 1 2024

The Bringing up Great Kids program offers tools to better understand your child's actions and enhance your communication and patterns of behaviour.

The aim is to promote more respectful interactions and encourage the development of your child's positive self-identity. This program was developed by the Australian Childhood Foundation in 2005 and has seen more than 50,000 parents benefit from it since it started.

BUGK programs & 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;
- 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; and,
- discover ways for parents to take care of themselves and to find support when they need it.

PLACES LIMITED. REGISTRATION ESSENTIAL.

About this **FREE** program:

- For parents/caregivers of babies, toddlers and primary aged children
- Delivered by an accredited Child & Family Social Worker
- Limited child minding available (on request only)

When:

Tuesdays 13th February - 19th March 2024

Week 1: 13th February 2024

Week 2: 20th February 2024

Week 3: 27th February 2024

Week 4: 5th March 2024

Week 5: 12th March 2024

Week 6: 19th March 2024

Time:

10am - 12pm (2 hours)

Where:

South Penrith Neighbourhood Centre
3 Trent St, South Penrith NSW 2750

Please note: Commitment to attending ALL sessions is expected. This is not a counselling or behavioural management course.

Contact Sussan for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au



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