

# Bringing Up Great Kids



## Overview

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

## Program Content

The Bringing Up Great Kids' program supports parents and carers 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 their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

**Date: Thursdays**  
**12<sup>th</sup> March – 2<sup>nd</sup> April 2020**

**Time: 9am-11am or**  
**5pm-7pm Sessions**

**Location: VPG 158a Edith**  
**Street Innisfail**

**Bookings are essential**  
**Please contact Jolene for**  
**further information on**  
**07 4061 7288 or**  
**[jolene@vpginc.com.au](mailto:jolene@vpginc.com.au)**