



## PARENTING COURSES IN 2019

The Bringing Up Great Kids program uses ideas of mindfulness and reflection to support parents.

They help to review and enhance their interaction and connection with their children.

Through the program parents of children aged up to 10 years will explore:

- \* Their parenting style
- \* Brain development in children and its influence on their thoughts, feelings and behaviour
- \* Important messages that children communicate to their parents and how they do this
- \* The importance of building self-esteem in children
- \* Ways for carers/parents to take care of themselves and to find support when they need it

 [2019 February - Bringing Up Great Kids 2018 x 4 weeks Pevensey St.pdf](#)

### FREE INFORMATION SESSION

Bankstown City YMCA in partnership with Families Together invites fathers, male carers and grandfathers with children up to the age of 6 to this information session presented by:

*Mr Bruce Chan*  
*Centre Manager*  
*BaptistCare Counselling and Family Services*

Click the link for more information

