

# Bringing Up Great Kids

## FREE PARENTING PROGRAM

Fairstart Early Intervention in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 10 to this 4 week parenting program facilitated by

**Dina Greenland – Families Together - Fairfield City Council**  
**Elizabeth Carrington – Early Childhood Teacher - Fairfield City Council**

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

### **4 week Parenting Program - Please note you must attend all four sessions.**

<p><b>Thursday 7 February 2019</b></p> <p><b>Thursday 14 February 2019</b></p> <p><b>Thursday 21 February 2019</b></p> <p><b>Thursday 28 February 2019</b></p>	<p><b>6.00-8.30pm</b></p> <p><b>Family Services Building</b>  <b>1 Pevensey Street,</b>  <b>Canley Vale</b></p> <p><b>Registrations will not be accepted on the evenings.</b></p>
--	---

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas. Children’s services workers, teachers, family support workers and other professionals will not be given a place.

**Bookings are essential and places are limited. Please call 0407 708 626 to book your place.**

Registrations will not be accepted on the evenings.

*Child minding is not available for this parenting program.*

**This program is funded through the ClubGRANTS scheme and is jointly funded by Club Marconi and Triglav Mounties Group**