

Bringing Up Great Kids

This is a course for parents who want to understand and enhance their relationships with their children. Included are insights into your child's developing brain, mindfulness, emotions and behaviour, plus helpful insights into who you are as a parent. By the end of the course you will have been given practical tools to assist you in your parenting journey.

This is a fun, inter-active 5 week course which aims to support parents and carers to:

- Learn more about the origins of their own parenting style and how it can be more effective
- Develop attentive communication skills so a parent can identify the important messages they want to convey to their children
- Understand the underlying messages in children's behaviour
- Discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be, and enjoy the two-way learning journey of parenthood
- Learn about the importance of building self-esteem in children
- Discover ways for parents to take care of themselves and to find support when they need it
- Develop strategies to manage parenting in consideration of the increasing pressures they face

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Monday 17 24 February 9 16 23 March

Time: 6.30pm - 9.00pm

Cost: \$60 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.