

bringing up great kids

Would you like to understand why your **child** behaves the way they do?

Are you interested in knowing more about why you **parent** the way you do?

Would you like to explore how to enhance your parenting and relationship with your child?

Bringing up Great Kids is a program that uses mindfulness and reflection to support parents / cares of children as they review and enhance their patterns of communication with their children.

The program supports parents as they explore what influences their parenting practices, and the messages they're passing onto their children.

The program aims to work with parents as they establish a new relationship context with their children.

For more information or to register, please contact Melanie Fearn on 8878 3806 or email mfearn@each.com.au

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| Who | Parents / Carers of children Aged 0-10 years |
| Where | EACH 14 Silver Grove Nunawading, 3131 |
| When | Tuesdays 24 th October – 21 st November 2017 (4 week program – Public Holiday on the 7 th of November) |
| Time | 10.00am-12.30pm |
| Cost | Free (Morning tea provided) *Sorry no child minding available |

This program is funded by the City of Whitehorse.

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