

# BRINGING UP GREAT KIDS

(Published by Australian Childhood Foundation 2012)

## *A Reflective Parenting Program*



### SESSION DETAILS

#### DATES

Each Wednesday for 6 weeks

29<sup>th</sup> April – 3<sup>rd</sup> June 2020

#### TIME

10am-12.30pm

Morning tea provided

#### VENUE

Central West Women's

Health Centre

20 William Street

Bathurst

#### TO REGISTER

Contact Lorraine Prentice  
Senior Generalist Counsellor

T: 6331 4133

E: [lprentice@cwwhc.org.au](mailto:lprentice@cwwhc.org.au)

If you require childcare please  
discuss with us

Funded by NSW Department of  
Family & Community Services

## Join our reflective parenting program and learn how to provide a caring, supportive growing experience for children\*.

As a parent or carer of a child this course will help you to better understand your child's experience of the world, and how to enhance the connection, warmth and sensitivity between you and your child.

It is expected that as a parent/carer you will come to:

- learn about the origins of your own parenting style & how it can be more effective
- identify the important messages you want to convey & how to achieve this
- understand the important messages children communicate & how they do this
- discover how to overcome obstacles that prevent you being the kind of parent you would like to be
- learn about the importance of building self-esteem in children
- discover ways to take care of yourself and to find support when needed
- develop strategies to manage your parenting approach despite the mounting pressures on your time & role

\*For parents/carers of children 0-17yrs who have experienced domestic/family violence, abuse, neglect, who are at risk of significant harm (ROSH), or are in 'out of home care'.

*Grow your confidence  
in parenting*

