

BRINGING UP GREAT KIDS [FREE 6 WEEK PROGRAM]

Bringing Up Great Kids is a free parenting program promoting respectful and caring relationships between parents/carers and their children from 12 months to 8 years.

Bringing Up Great Kids will help you as parents and carers to:

- » Reflect on your parenting style
- » Learn about child brain development and its influence
- » Understand and respond mindfully to your children's behaviour
- » Build effective communication with your children
- » Consider ways to take care of yourself and find support



**October 10 –
November 14**

10.00AM–12NOON

ONLINE via ZOOM

**Free but bookings are
essential. Book here:**

<https://ds.org.au/events/>



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.