



Bringing Up Great Kids

FREE 4 WEEK PARENTING PROGRAM

Bonnyrigg Early Learning Centre 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

Elizabeth Carrington - Early Childhood Teacher, Fairfield City Council
Julie Yeboah Agyeman - 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

Wednesday 3 April 2019

Wednesday 24 April 2019

Wednesday 10 April 2019

Wednesday 1 May 2019

*Please note you must attend all four sessions
There will be no session on Wednesday 17 April 2019*

6pm - 8.30pm

Bonnyrigg Early Learning Centre, 28 Bonnyrigg Avenue, Bonnyrigg

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 register through www.fairfieldcity.nsw.gov.au/bringingupgreatkids-april or call 0407 708 626 to book your place.

Registrations will not be accepted on the evenings. Child minding is not available.

This program is jointly funded by Club Marconi and Triglav Mounties Group through ClubGRANTS.



Families Together is a program of Fairfield City Council funded by the NSW Department of Education