



## Bringing Up Great Kids

### FREE INFORMATION SESSION

Fairfield/Liverpool Supported Playgroups 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

**Dina Greenland – Families Together - Fairfield City Council**  
**Debbie Nguyen – Fairfield/Liverpool Supported Playgroups - 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 0 -10 year olds will explore:

- \* Your 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
- \* Ways for carers/parents to take care of themselves and to find support when they need it

### 4 week Parenting Program

**Please note you must attend all four sessions.**

<b>Thursday 29th March 2018</b>	<b>6.00-8.30pm</b>
<b>Thursday 5th April 2018</b>	<b>Family Services Building</b>
<b>Thursday 12th April 2018</b>	<b>1 Pevensey Street,</b>
<b>Thursday 19th April 2018</b>	<b>Canley Vale</b>

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 call 0407 708 626 to book your place. Registrations will not be accepted on the evenings.**

*Child minding is not available for this information session.*