



# Bringing Up Great Kids

## FREE 4 WEEK PARENTING PROGRAM

Fairfield Public School *Schools as Community Centres* in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 10 years to this 4 week parenting program facilitated by

**Dina Greenland** – Families Together, Fairfield City Council  
**Elizabeth Carrington** – 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 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

**Thursday 6 June 2019**

**Thursday 20 June 2019**

**Thursday 13 June 2019**

**Thursday 27 June 2019**

**9am - 11.30am**

**Fairfield Public School, 68/82 Smart Street, Fairfield**

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

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

### **Child minding will be available for this program**

Bookings are essential and places are limited. Please fill in the slip below and return to Kristina Pukeroa at Fairfield Public School *Schools as Community Centres*. Alternatively you can call Families Together on 0407 708 626 or register through [www.fairfieldcity.nsw.gov.au/bringing\\_up\\_great\\_kids\\_june](http://www.fairfieldcity.nsw.gov.au/bringing_up_great_kids_june)



I will be attending the Bringing Up Great Kids Parenting Program at Fairfield Public School *Schools as Community Centres* on all 4 sessions.

Parent/Caregivers name: \_\_\_\_\_

Contact number: \_\_\_\_\_

I require child minding: Yes/ No      Age of child/children: \_\_\_\_\_

**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