



Are you struggling to manage your child's behaviour? Yelling, arguing, whining, tantrums and discipline that's just not working?

The **1-2-3 Magic & Emotion Coaching** program aims to teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system. The program requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

Over three weekly sessions, you will be guided through this proven and effective program, and supported to manage behaviour, develop a tangible and intuitive strategy to master your own self-control, encourage your child's ability to manage their own emotional reactions, and improve your relationship with your child.

Topics include:

- How to discipline without arguing, yelling or smacking
- How to classify behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices

- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

Investing a few hours now, will create a valuable roadmap for navigating those challenging parenting situations.

Best suited to:

Parents and carers of children aged 2 to 12 years.

When:

The workshop runs across three Monday evenings.

Monday 20th May 2019, 7pm to 9pm

Monday 27th May 2019, 7pm to 9pm

Monday 3rd June 2019, 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$220 per person (\$200 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488