



## 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, Penny Gibson from Capacity Therapeutic Services, will guide you through this proven and effective program, and support you 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 Wednesday evenings.

Wednesday 7th March 2018, 7pm to 9pm

Wednesday 14th March 2018, 7pm to 9pm

Wednesday 21st March 2018, 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](http://heartlinks.com.au)  
Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488