



Bringing Up Great Kids

FREE 4 WEEK PARENTING PROGRAM

Bonnyrigg 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 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 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

Thursday 2 May 2019

Thursday 16 May 2019

Thursday 9 May 2019

Thursday 23 May 2019

12pm - 2.30pm

Bonnyrigg Public School, 59 Tarlington Parade Bonnyrigg

Please note you must attend all four sessions. Lunch will be provided

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

Please fill in the slip below and return to Mariana Herrera at Bonnyrigg Public School *Schools as Community Centres* or call 0417 889 659. Alternatively you can call Families Together on 0407 708 626 or register through www.fairfieldcity.nsw.gov.au/bringingupgreatkids-may



I will be attending the Bringing Up Great Kids Parenting Program at Bonnyrigg 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: _____



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