



# BRINGING UP GREAT KIDS

## A free, six-week parenting program

Bringing Up Great Kids promotes respectful and caring relationships between parents / carers and their children.

It supports parents and carers of children aged 0-10 years to:

- reflect on their parenting style and what has influenced it
- learn more about brain development and its influence on their children's thoughts, feelings, and behaviour
- understand and respond more mindfully to their children's behaviour
- build effective communication with their children
- consider ways to take care of themselves and find support if they need it.

### Term 4, 2023 (bookings essential)

**When:** Tuesdays, 10.30am - 12.30pm  
(Tuesday 24 October to Tuesday 28 November)

**Where:** Community Hub at the Dock, 912 Collins Street, Docklands

- **Tram:** Route 48 and Route 11 (stop D18 - within the 'free tram zone').
- **Car:** there are a limited number of metered parking spaces in the area.
- **Train:** 500m walk to Southern Cross Station.

**Please note:** child minding is not available, but babies in arms are welcome.

For more information, contact City of Melbourne Parenting Services at [parentingservices@melbourne.vic.gov.au](mailto:parentingservices@melbourne.vic.gov.au)