



# Raising **Healthy Happy** Outstanding Kids

Empathy

EQ

Cooperation

Responsibility

Communication

Emotional  
management

## Content :

- \*understand and deal with kid's feelings
- \*engaging cooperation
- \*praise, appreciation, punishment
- \*autonomy & responsibility

**Format** : group discussion, role play, skills practice, plus one session individual consultation

**Objectives** : Participants will reflect on their communication and discipline patterns, learn positive ways, enhance parent-child relationship, be role models to bring up emotionally healthy happy kids.

**Venue** : Donvale Room, Level 1, MC Square  
687 Doncaster Road,  
Doncaster 3108

**Date** : 19/10/2018-23/11/2018  
( 6 consecutive Fridays )

**Time** : 10am- 12:30pm

**Target** : parents/grandparents of kids  
under 10

**Language** : Mandarin      **Fee** : free

***Seats are limited. Please enrol early !***

**Enrolment/Enquiry**: please send your name,  
mobile number and course name to Maggie Wong  
(Tel: 03 9878 6856 / 0405 852 446,  
WeChat ID: NLECCC, Email: comcare@nlec.org.au)  
Website: [www.newlifecare.org.au](http://www.newlifecare.org.au)



WeChat QR code



This project is supported by Manningham Council's Community Grant Program