

# THE CHILDREN & PARENTING SUPPORT SERVICE - GROUP PARENTING SKILLS PROGRAMS ON OFFER



## 1,2,3 MAGIC

The 1-2-3 Magic and Emotion Coaching program aims to help those in a parenting role to manage difficult child behaviour with a focus on strategies and techniques that promote positive behaviour; encouragement in developing the child's ability to manage their emotional reactions; and relationship-building.

## TUNING INTO KIDS

Tuning in to Kids is an emotion-focused parenting program. It provides those in a parenting role with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

We also offer two variations of this course - Tuning into Teens and Dads Tuning into Kids

## BRINGING UP GREAT KIDS

This 6 week course focuses on building positive and nurturing relationships between parents and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.

We also offer a variation of this course called Bringing up Great Kids - the First 1000 Days.

## BRINGING UP GREAT KIDS - AFTER FAMILY VIOLENCE

The Bringing Up Great Kids - Parenting After Family Violence Program is a mindful and reflective program that offers support to women to explore and reclaim their confidence and belief in themselves about their parenting.

By providing a safe, respectful and reflective space for participants to explore their parenting story during family violence and provide an opportunity to create a new safe, strong, positive and hopeful parenting story moving forward. This program is offered in person only.