



# Bringing Up Great Kids

## FREE 4 WEEK PARENTING PROGRAM

Wakeley Early Learning Centre 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  
**Julie Yeboah Agyeman** - Early Childhood Teacher, 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 7 March 2019**

**Thursday 14 March 2019**

**Thursday 21 March 2019**

**Thursday 28 March 2019**

**6pm - 8.30pm**

**Wakeley Early Learning Centre, 24B Humphries Road, Wakeley**

*Please note you must attend all four sessions*

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas. Children's services workers, teachers, family support workers and other professionals will not be given a place.

**Bookings are essential and places are limited. Please register through [www.fairfieldcity.nsw.gov.au/bringingupgreatkids](http://www.fairfieldcity.nsw.gov.au/bringingupgreatkids) or call 0407 708 626 to book your place.**

Registrations will not be accepted on the evenings. Child minding is not available.

**This program is jointly funded by Club Marconi and Triglav Mounties Group through ClubGRANTS.**



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