

123 Magic® and Emotion Coaching Program



123 Magic® is a popular short parenting program designed for parents and carers of young children. Usually presented over three sessions, parents and carers can discover easy-to-follow steps on how they can encourage and 'start' more appropriate behaviours in their child.

The three foundation principles of the program are:

- Adults cannot expect children to be mini-adults as their brains are not yet fully developed;
- Children are overwhelmed by too many words and too much talking and emotion; and
- Children mimic their parents and can get overwhelmed themselves.

By practicing and understanding techniques to address these topics, parents can consider how they react to stressful family interactions. When dealing with their children they can decide what the big issues that matter for them are, and what are the inconsequential ones, to minimise further tantrums.

The most often quoted part of the program is the counting of 1,2,3, but there is much more information on parenting practices available within this short program.



To enquire when and where **123 Magic®** is being offered, please check the Resourcing Parents Website: <http://resourcingparents.nsw.gov.au/>
Or contact The Family Action Centre on 4921 6858



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