

Bringing up Great Kids

The Bringing up Great Kids program promotes and supports respectful, caring and nurturing relationships between parents and their children. Parents and carers are encouraged to become more reflective and mindful in their parenting approach. Usually delivered in 5 x 2.5 hour sessions the BUGK program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning of children's behaviour;
- discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be; and
- discover ways for parents to take care of themselves and to find support when they need it.



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



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