



Bringing up Great Kids

Delivered to: Parents/Carers of children aged: 2 - 10 years

Program aims: The Bringing up Great Kids program aims to support parents to review and change their patterns of communicating with their children to promote more respectful interactions and encourages children's positive self-identity. It aims to identify and address the sources of unhelpful and hurtful attitudes held by parents, and establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Parents reflect on the messages they received growing up and how that might impact on their parenting. They develop strategies to manage their parenting, take care of themselves and support their child.

What you will get from the program

The program works within a group format which is facilitated by two leaders. Topics covered in these sessions include: The Origins of Parenting, Important Messages for Your Child, Communicating to Your Child, Self-Care and Stress, Self-esteem for Self and Child and Keeping on as a Parent.

It uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. It aims to identify and address the sources of unhelpful or hurtful attitudes held by parents. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges.

The Bringing up Great Kids program centres on the building of positive relationships and interactions between parents and children. It works from a child-centered perspective and aims to resource parents to:

- identify and evaluate the source of their parenting approach and philosophy;
- develop an increased understanding about the messages that they communicate to their children through their behaviours, acts and attitudes;
- increase their ability to understand and acknowledge the impact of these messages on their child;
- develop skills in identifying and managing their stress associated with parenting;
- seek further professional assistance about their parenting if required

By the end of the program participants will:

- Understand the principles of reflective and mindful parenting
- Identify the key phases of the 'Bringing Up Great Kids' Parenting Program
- Understand how to set up program criteria
- Be able to effectively implement the program and its activities
- Know how to evaluate the program and its outcomes.

