Dear parents/care-givers,

You are invited to be a part of a group that will be exploring how you can continue to bring up your great kid/s. In a relaxed environment, I will be facilitating this reflective parenting program developed by the Australian Childhood Foundation.

Using the metaphor of 'Messages', parents are encouraged to explore and reflect upon the evolution of their parenting style and resources them to examine the messages they pass onto their children through their behaviour, interactions and emotional reactions. Parents learn about the brain development of their children and understand how to meet their children's growing needs. Through the program, they are supported to build attentive communication with children. Parents also reflect on and explore the meaning behind their children's behaviour and develop an awareness of the cues that trigger off unhelpful or ineffective responses.

The program will run in the school meeting room over 6 weeks on Thursday afternoons from 1:45 – 3:30pm, starting Thursday 14th May. It will be free of charge. If you have littlies, they are welcome to play in my adjoining office.

If you are interested in joining us, please complete the slip below and return it to the school office by Tuesday 5th May. Minimum and maximum numbers will apply.

Warm regards,

Michelle Watson – School Chaplain

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'BRINGING UP GREAT KIDS'

Parent/care-giver name: ______________________________

First names of (all) children: __________________________ Age: ___

___________________________  ___

___________________________  ___

___________________________  ___

___________________________  ___

☐ Yes, please count me in for the 'Bringing Up Great Kids' program on Thursday afternoons.

☐ I am keen to do the program but cannot make it at that time. (Please suggest other times overleaf.)

Signed: __________________________ Date: ____________