

Bringing Up Great Kids (BUGK) Parenting Course



When:

10am to 12noon (coffee at 9.30am) on Mondays
March 17, 24 and 31; April 7, 14 and 28

Venue:

The Veterans' and Families' Centre, Burnie

Cost:

Free!

Contact/Bookings:

Call 6454 1988 to book. Numbers are limited.

Facilitator:

Dr Sharon Condon
BUGK Facilitator

Overview

A mindful, reflective and respectful parenting program with a focus on building loving and nurturing relationships between parents and carers and their children.

The program supports parents and carers to understand both themselves as parents and their children through the nurturing and supportive environment of the group.

The group offers the opportunity for parents and carers to reflect on their parenting journey and to build a mindful, attuned, nurturing relationships.



Program Content

The Bringing Up Great Kids program supports parents and carers to:

- Reflect on the origins of their own parenting style and how they would like to parent.
- Consider what is going on in the child's brain and the relationship to their behaviour.
- Explore communication between parents and children.
- Discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.
- Learn about the importance of parents/carers taking care of themselves, to be able to support their children to feel good about themselves.