

5 session parenting course for parents of children aged 3-12

TUNING INTO KIDS®



Are you challenged by your child's behaviours, and/or inability to regulate emotion as anger, sadness or anxiety?

This unique program has practical approach with lots of room for discussions, practice and reflection. By learning how emotions and behaviours are connected, you will learn to take on the role of emotion coach and teach your children to manage their emotions in positive ways. At the same time we will be exploring a range of strategies in dealing with challenging behaviours!

Come and join this research based program where you will learn how to:

- Develop a positive connection with your child, even in the more challenging moments
- Understand your child's behaviours & help your child to manage their emotions
- Use strategies in managing challenging behaviours
- Prevent behaviour problems in your child
- Teach your child to deal with anger, anxiety, sadness and conflict

WHERE	Warriewood
WHEN	Wednesday 10am -12 pm October 31, November 7,14,21,28
COSTS	\$ 190 p.p.
BOOKINGS	Godelieve on 0425 256 989 or info@goodfamilylife.com.au



Godelieve Hofman-Verkuyl is an accredited and highly experienced Parent and Youth Coach with over 15 years experience, assisting families in creating respectful, understanding and supportive relationships between parents & their children.
www.goodfamilylife.com.au