

1-2-3 Magic® and Emotion Coaching Parent Workshop

Effective discipline for children 2-12

This program is designed for parents and carers to help manage challenging behaviours in children 2-12 years old. Run over four sessions, this is a modern, easy-to-learn, evidence-based program that will help you identify the common mistakes of parenting, how your child's brain works to regulate emotion, and how to handle challenging and testing behaviours without yelling.

A flexible and mindful-based approach to make parenting more enjoyable.



Learn strategies to:

- Stop problem behaviours
- Help your child self-motivate
- Use less talk and less emotion
- Encourage your child to self-regulate
- Strengthen your relationship with your child
- Encourage your child's growing independence
- Know how to encourage and re-enforce desirable behaviours
- Decide what action to take in difficult-to-manage parenting situations

Holiday Program

Workshop 1: 5-8 January 2021

Location: Growing Early Minds,
217-219 Blacktown Road,
Blacktown NSW 2148

Workshop 2: 11-14 January 2021

Location: Ropes Crossing Community
Centre, 54 Pulley Drive,
Ropes Crossing, NSW 2760

Workshop 3: 18-21 January 2021

Location: Growing Early Minds,
63 Bottles Road,
Plumpton NSW 2761

Time: 9:15-11:15am (2hrs/day)

Places: 4-10

Cost: \$20 (to cover refreshments)

NOTE: Unfortunately, we're unable to provide child minding services.

Register now

(closes 11 December 2020)

Online: [growingearlyminds.org.au/
1-2-3-magic-parent-workshop](http://growingearlyminds.org.au/1-2-3-magic-parent-workshop)

Call: 1800 436 436

Email: support@growingearlyminds.org.au