



MIDVALE HUB

# Midvale Hub Parenting Service Perth (North East)

## Bringing Up Great Kids

Bringing Up Great Kids is a 6 session program for parents with children aged 0 to 18 years.

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Bringing Up Great Kids is a 6 session program for parents with children aged 0 to 18 years.

The parenting program encourages parents and carers to become more reflective and mindful in their parenting approach. Learn more about:

- the origins of parenting styles and how it can be more effective
- identifying important messages to convey to children and how to achieve this
- brain development in children and its influences on thoughts, feelings and behaviour
- understanding the meaning of children's behaviour
- ways for parents to take care of themselves and to find support when they need it.



**MIDVALE HUB**

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Shire of Mundaring Family and Children's Services

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