

# ALL THINGS PARENTING in WEST LEEDERVILLE

February 2020

## *Fathering After Separation*

Tues 11 Feb

6.30-9pm

\$30 p/person

This workshop will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

## *Bringing Up Great Kids*

Mon 17 Feb-23 Mar

6.30-9pm

\$60 p/person

Does it seem you are not being the kind of parent you would like to be?

The role of parents in modern society has changed and parents often feel under pressure to be seen as 'good' parents. This course will help you develop strategies to manage your parenting approach despite the mounting pressures on your time and role. 'Bringing up Great Kids' is a reflective parenting program developed by the Australian Childhood Foundation.

## *Dads Raising Girls*

Tues 18 Feb

6.30-9pm

\$30 p/person

Dads play an important role in the development of their daughter's self-concept, self-esteem and in her future relationships. Come along to this session and find out how to improve your relationship with your daughter and build a rewarding father-daughter relationship.

## *Emotion Coaching your Child*

Tues 25 Feb

6.30-9pm

\$30 p/person

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Places are limited - please contact (08) 6164 0239 to register today

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Relationships Australia.