



STARTING POINTS SEMINAR

BUSTING THE PARENTING MYTHS:

Tips for confident parenting

This 90 minute impact seminar is based on the Australian *Starting Points* Parenting Program and aims to help parents of young children feel confident in their parenting.

Parents will explore some common parenting myths:

"I should know all the answers"

"Parenting comes naturally"

"Raising my children is completely up to me"

New parents experience many challenges and highlights in the early years of parenting. This seminar aims to help them understand they can be confident parents and that confident parenting helps build confident kids.

Participants will be introduced to:

- Parenting Styles
- Communication
- Healthy Emotions
- Stress
- Correction and Boundaries
- Important Relationships



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Psychologists tell us that 75% of the child's brain is developed by the age of **THREE**, so how important it is for us to be intentionally involved in our child's life in the early years.

This seminar provides a dynamic introduction to Focus on the Family Australia's impacting four week Starting Points Parent Program . It encourages parents and caregivers to attend a parent program in their area.

The Starting Points program is designed to support parents and caregivers in giving their children a foundation for living well. It is developed by Focus on the Family Australia and endorsed by the program patron, Marina Prior.

As parents and caregivers you are the most important influence on your child's future



For further enquiries or to make a booking please contact us on 1300 300 361 or email response@families.org.au

www.families.org.au

starting  points™