

Positive Parenting

Parents are invited to attend our 1-day course to examine and improve their communication, relating and general parenting skills.

Our philosophy is that children need to be seen **and** heard and that behaviour is related to needs. This course is not based on strategies for controlling or techniques for managing children. We know that there is no perfect “how to” but there are many ways we can reduce the tension and increase the relating in family life.

We will explore:

- Getting clear about the emotional needs of children and how to respond
- Separating behaviour from personality
- Meeting needs and setting boundaries
- Communication as a form of love

Dates: New dates coming soon. Please call or check our website.

Time: 9.30am to 2.30pm

Cost: \$110.00 including lunch

Where: **Hammond Institute** Level 4, 44 Hampden Rd, Artarmon

Phone: 02 9904 6748

Email: cohc@pacific.net.au

Web: www.hammondinstitute.com.au

Please book early as the courses are restricted to small groups.



Hammond Institute
COUNSELLING COURSES WITH A DIFFERENCE