

# Building Better Behaviour



## A Parents Building Solutions Program for Parents of Young Children aged 18 months to 6 years

### Do you want to:

- Better understand your child's behaviour?
- Learn positive discipline strategies?
- Improve communication with your child?
- Prepare for kindergarten and school?
- Encourage the skills of resilience?
- Deal with your own frustrations and anxiety as a parent?

**Come along to these 5 interactive sessions to learn strategies, and take some time out for you!**  
**Light morning tea will be provided.**

### When:

Thursdays (5 morning sessions)  
27th February - 26th March 2020

### Time:

9:30- 11:30 am

### Where:

Belgrave Community Hub  
1616/1624 Burwood Hwy, Belgrave

### Children Welcome:

Activities for children will be offered, however supervision by parents is expected. (limited places available)

### Cost:

Free of charge. Limited places available

### Bookings Essential:

Sharon 0488 501 204 or  
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Health  
and Human  
Services