



## Children are people too

*A new approach to parent education being offered at Holdsworth Community Centre*

This guidance approach believes that a parent's task is not to deliver consequences to children when they do not comply, but instead to teach children self-control skills so that they can act thoughtfully. This series of six sessions for parents will provide you with information and practical activities to guide your children, using alternatives to rewards or punishments. It will help you to improve your children's self-esteem, to enhance your relationship with your children, and to resolve their behavioural issues. It will show you how you can teach your children self-control so that, with your support, they can behave considerately.

The sessions will be held at Holdsworth Community Centre, 64 Holdsworth Street, Woollahra from **1 pm to 3 pm for six Wednesdays, commencing 4th August 2010**. Sorry no children at these sessions other than babies being nursed so that you can focus on the discussion.

There are no sessions fees for this program but there is compulsory course material which needs to be purchased at a cost of \$50. Participants are asked to commit to attending all six sessions.

Bookings are essential so please call 9302 3600 to confirm your participation and arrange purchase of the material.

If you have any enquiries about the course please call 9302 3600 and ask for Louise or Mary.

*This program is supported in 2010 - 2011 by The South East Sydney Parenting Coordination Project*

