

Community News



No Scaredy Cats Parent Course Reducing anxiety and building resilience skills in 2 -12 year old's

Saturday 13th, 20th & 27th June 2020, 2 - 3.30pm

LIVE AND INTERACTIVE WEBINAR.

\$160 for up to 2 people.

PARENTS WILL LEARN

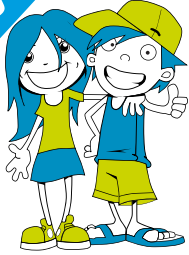
- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.



**behaviour[®]
tonics**

For more information about this workshop call (08) 9285 8100 or
(Register Online) at www.behaviourtonics.com.au

For parents
of 2 - 12 yo



behaviour[®] tonics presents

1-2-3 Magic[™] and Emotion Coaching

To help parents manage difficult behaviour in children 2 to 12 yrs

A **humorous** look at parenting, a **serious** look at discipline!

To help manage difficult behaviour in children, calmly and effectively. Learn how to use empathy so kids begin to identify their emotions and become better at managing them. This enables them to take more responsibility for their own behaviour.

LIVE AND INTERACTIVE WEBINAR

Presented over 3 sessions. Cost \$160 for up to 2 people. 7 to 8.30pm

Held over 3 Wednesday evenings of

27th May, 3rd & 10th June 2020

You will learn:

- The two approaches to parenting.
- How to discipline without arguing, yelling or smacking
- How to handle kids testing behaviour.
- How to show empathy while developing emotional intelligence in your child.
- How to teach and encourage positive behaviour, social skills and independence.
- How to strengthen the relationship with your child.
- How to control obnoxious behaviour.





What people are saying...

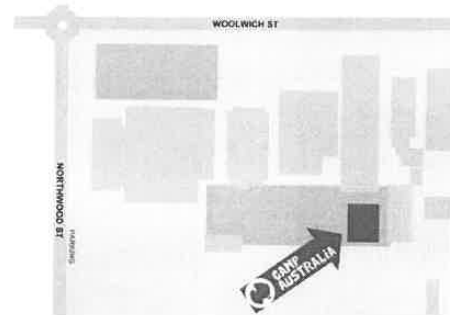
- An end to the yelling and arguing!
- It saved our lives
- Simple, sane, effective
- What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember at those times when memory is the first thing to go



For more information about this workshop call (08) 9285 8100 or
(Register Online) at www.behaviourtonics.com.au

Pupil Free Day

-  **Date:** 28-May-2020 and 29-May-2020
-  **Time:** 07:00am to 6:00pm
-  **Location:** The Before and After School Care Room at West Leederville Primary School
-  **Fees:** \$0



To book visit www.campaustralia.com.au
or call our Customer Care Team on **1300 105 343**

As per the Federal Government's announcement on the 2nd April, childcare will be provided free of charge until 30th June to those families that need us.

Whilst care is free, you are still required to make a booking so that we can staff and resource the service appropriately, to best care for your children.



Safety • Meaningful • Innovative • Leadership • Education
1300 105 343 www.campaustralia.com.au

