

Connect, Coach and Take Charge

How to connect with, coach and take charge ...when kids get frustrated, non-co-operative and distressed

Parents/carers: does any of this sound familiar?

- Your child has difficulty managing frustration and anger
- Finds it hard to organise themselves, and follow routines
- Finds it hard to listen and follow instructions
- Often gets very upset, worried or distressed
- You sometimes feel worried or frustrated with your child and don't know what to do next
- You feel like things which work for other children don't work for yours

Dates: 6 consecutive Wednesday evenings from 12 February 2020 to 18 March 2020

Time: 6:30pm – 8:30pm

Place: Prospect North Primary School
30 Stuart Road, Prospect SA 5082

Cost: Free

Facilitators: Kate Manning and Marnie Winterford
(Places limited and full 6-week commitment required.
Bookings only confirmed on completion of questionnaires).

Please call: 8357 1711

We can help!

Connect, Coach and Take Charge is a 6 week course to help you learn:

- Why children behave in tricky ways
- How to reconnect with your child (and feel more positive about them)
- How to coach your child & take charge - so they can manage emotions, follow instructions and act calmly
- How to identify your values as a family
- How to be kind and compassionate to yourself
- How to manage difficult situations (e.g. bedtimes, mornings, sibling arguments, homework)

You will get **practical ideas and suggestions** you can use at home to help make life calmer, easier and happier for everyone.

Connect, Coach and Take Charge is facilitated by two of our child psychologists, both of whom have worked with "tricky kids" and their families for many years.



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