

123 Magic and Emotion Coaching Inclusive.

Managing challenging behaviours

Parents/carers of children
2 – 12yrs old

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple strategies to manage the behaviours in a safe and effective way.

*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

What will I learn?

- Understand child development and the link between emotion and behaviour
- Understand and sort typical behaviours to identify the easiest way to manage them consistently
- Learn positive strategies to manage behaviour, including emotion coaching

For more information or to make a booking

intakeservice@catholiccare.dow.org.au
(02) 4254 9395

catholiccare.dow.org.au

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

