



Parenting courses are provided throughout the Upper Hunter Region from Muswellbrook, Denman, Sandy Hollow, Merriwa, Aberdeen, Scone and Murrurundi.



Don't miss out on free community events through Upper Hunter Community Services

Follow us on Facebook or check out our website for the latest details.

www.uhcs.org.au
www.facebook.com/UHCSInc

QEII Community Centre
Cnr Bridge & Market St, Muswellbrook
(wheelchair friendly)

Phone: 02 6542 3555

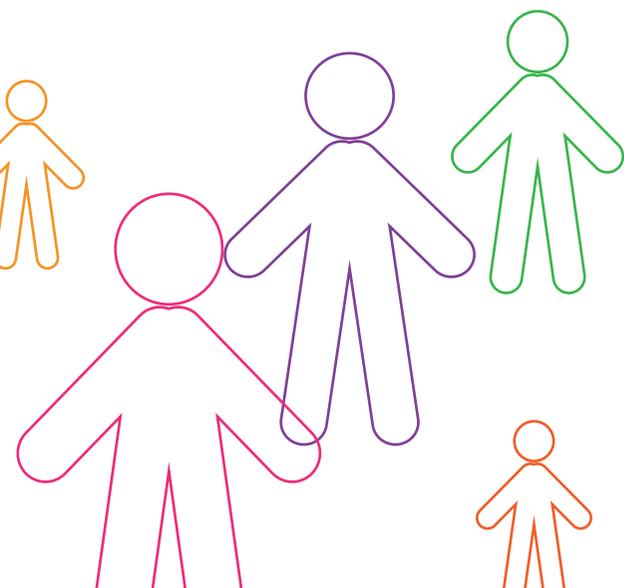
Fax: 6543 1643

Postal address

PO Box 231, Muswellbrook, NSW 2333

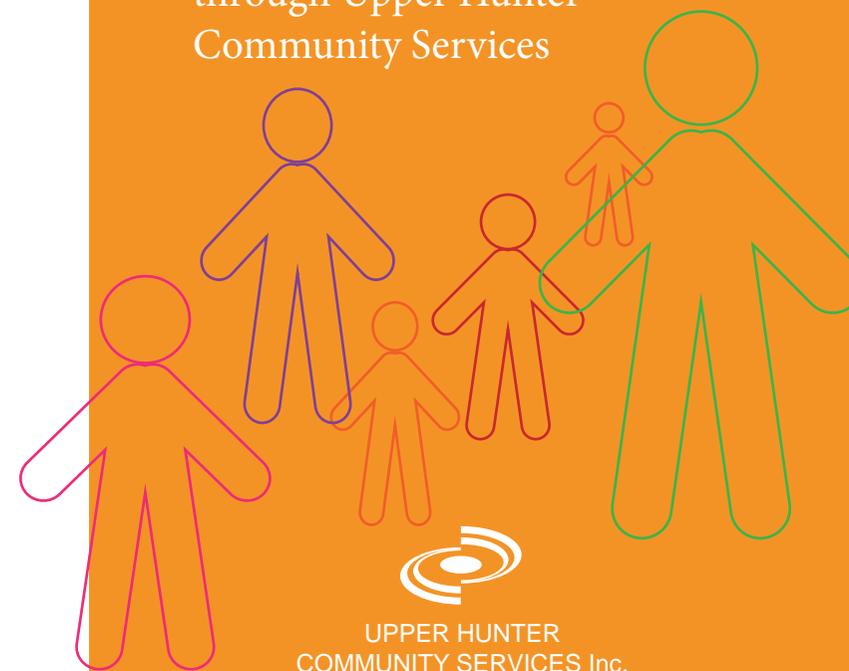
QEII hours

Mon, Tue, Thurs 9.00am-4.00pm
Wed 10.00am-4.00pm
Fri 9.00am-2.00pm



Programmes for parenting

an introduction to free family support programmes available through Upper Hunter Community Services



UPPER HUNTER
COMMUNITY SERVICES Inc.

An incorporated association auspicing community projects throughout the Upper Hunter.



As we all know, kids don't come with an instruction manual.

In attending a Parenting Group you'll learn:

- Effective parenting strategies
- How to promote your child's development
- How to manage common child behaviour problems
- Principles to help you deal with almost any situation that might arise

Daytime and evening classes are made available, with childcare provided for non school age children for daytime sessions.

All programmes are FREE as they are designed to focus on the needs of families and children, so clients requiring assistance can access services through any Family Support Programme service.

Programmes

Triple P Positive Parenting Programmes

Whatever your need, no matter how simple or complex, Triple P has the information, tip sheet, self help book, video, seminar, course or expert to help you.

And as one of the only evidence-based parenting programmes available, with over 30 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Triple P courses highlight the importance of good communication between parents and children, and suggest simple routines and small changes that help make big differences. Parents learn to understand how their family works and how to use the things they already say, think and feel in new ways. This helps to:

- Create a stable, supportive and harmonious family
- Encourage positive behaviour from children

- Build positive relationships with children
- Establish ways to plan ahead to avoid or manage potentially difficult situations
- find suitable solutions for parents to take care of themselves while balancing work and family responsibilities.
- Find practical answers to your everyday parenting concerns, and learn how to raise happy, healthy children.

Triple P Courses Seminars

You may prefer to come along to Triple P seminars. This is a great way to cover key areas we know many parents want information and help with, including:

- Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.
- Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.
- Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

In around 90 minutes each, this series of three seminars will leave you feeling more confident and competent and ready to deal with common child behavioural and emotional issues.

Triple P Group Work

You'll learn about:

- Effective parenting strategies.
- How to promote your child's development.
- How to manage common child behaviour problems.
- Principles to help you deal with almost any situation that might arise.

1 2 3 Magic and Emotion Coaching

Kids are just kids! In addition to being delightful, charming and affectionate, children can also present their adult caretakers with a steady diet of difficult behaviour, whining, arguing, teasing, yelling, tantrums and pouting.

1-2-3 Magic®: Effective Discipline for children 2-12 is fast becoming well known in Australia. It's a behaviour management programme for parents and carers of young children, including teachers.

Parents can learn the programme one day and start the next. The basic logic and simplicity of the method means that it is easy to remember for both parents and kids- especially under conditions of emotional stress!

Engaging Adolescents

Parenting skills for resolving teenage behaviour problems. Engaging Adolescents™ is based on the principle that parents need to work out what teen behaviour needs to be addressed as adolescents transition towards autonomy. This programme is about helping parents to develop greater confidence in parenting their adolescents. Part of confidence is about increasing parent's knowledge of "how" adolescents function, and part of it is about identifying a method for promoting socially appropriate behaviour.

We will also be giving parents the opportunity to practice skills for influencing and dealing with difficult behaviour as it arises.

