

## Top Ten Tips:

The Bringing Up Great Kids training is appropriate for any professional working with families individually or in groups. The following tips are the opportunities that BUGK provides for participants to understand parenting through a mindful, respectful, and reflective lens.

- ❖ To increase the reflective capacity in parents
- ❖ To highlight the importance of the parent/child relationship
- ❖ Discovering the significance of family's healthy brain development
- ❖ Exploring intergenerational patterns in parenting
- ❖ Understanding the importance of mindful exercises
- ❖ Experiencing the benefits of being calm
- ❖ Exploring and understanding hidden aspects of behaviour
- ❖ Looking at ways of nurturing families in their parenting
- ❖ Experiencing the need for parents to look after themselves
- ❖ Being exposed to journal writing as a reflective activity