Date & Time:
Wednesday 3pm
Start January 1st
 For 6 weeks
Venue:
 eg. Online or F2F

Overview

A mindful, reflective and respectful parenting program with a focus on building loving and nurturing relationships between carers and the children they care for.

The program supports kinship and foster carers to understand both themselves as carers and the children they care for through the nurturing and supportive environment of the group.

The group offers the opportunity for carers to reflect on their caring journey and to build a mindful, attuned, nurturing relationships.

Bringing Up Great Kids
Kinship and Foster Care

Cost:
 $0
Contact:
 abc@xyz.com.au
 111 111 111

Program Content

The Bringing Up Great Kids’ Kinship and Foster care program supports kinship and foster carers to:

* reflecting on their family and the change that’s may have occurred since becoming a kinship or foster carer;
* learn more about the origins of their own parenting style and how it can be more effective;
* consider the biological parent’s story and the barriers that may have prevented them from parenting in a way that was best for their child;
* learn more about brain development for children, and the influence that experiences and environment may have had in shaping the growing brain;
* explore the meaning and context behind behaviours, and how to respond to the underlying feelings and needs;
* explore the importance of self-care and relationships throughout the journey of caring for children in out of home care.



Insert Logo