



BRINGING UP GREAT KIDS – First 1000 Days

The Bringing Up Great Kids – First 1000 Days group program is a parenting course that nurtures new parents and parents-to-be as you commence your journey to support your new child.

The first 1000 days is the period from a child's conception to two years and is an important period in a child's life. By promoting and supporting positive relationships and interactions between parents and their unborn babies as well as parents of infants, First 1000 Days seeks to build parenting confidence.

This program will run for 2.5-hour sessions each week for four weeks.

The cost of the program is \$100 per person.

Would you like to:

- ? explore your parenting style?
- ? understand parent communication and its impact on families?
- ? overcome obstacles to parenting in the way you wish?
- ? gain parental self-care and learn to support each other?
- ? have the opportunity to meet other parents to gain friendships and support?

To register or find out more contact:

Group Facilitator • 6122 7100 • groups@racr.org.au

Relationships Australia
CANBERRA & REGION

Every relationship matters.