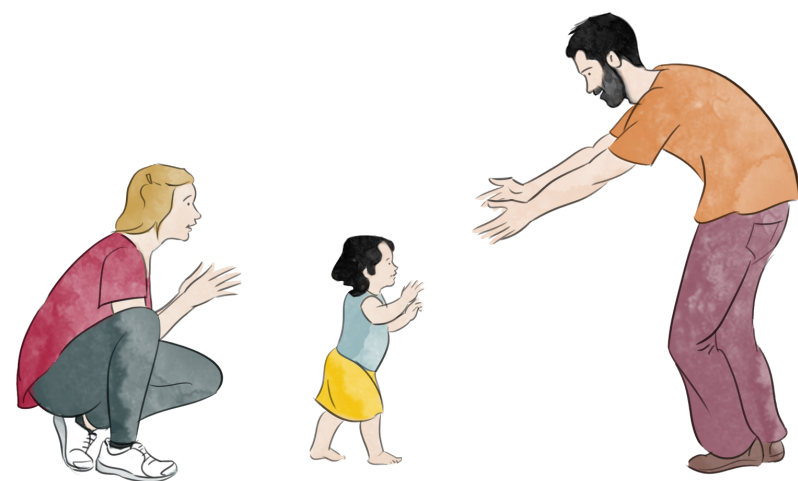


1-2-3 Magic & Emotion Coaching



A three-step program for calm, effective and happy parenting

1-2-3 Magic & Emotion Coaching is a three-session, evidence-based program designed to teach parents ways to better manage their children's behaviour, building their children's emotional resourcefulness. You will also receive a workbook.

It encourages a calm approach to parenting, even in challenging moments, and shows parents how to redirect behaviour and improve their relationship with their children.

Learn about:

- A strategy for encouraging good behaviour
- Emotion coaching to support self-regulation
- How to better handle challenging and testing behaviours

While this is not a disability-specific program, it will provide families with an opportunity to use the 1-2-3 Magic approach to your child's specific needs. It will also provide you with a deeper understanding of brain development and the vital role a parent plays in supporting and influencing our children's decision-making choices.

Cost

The course cost is free; however, a small contribution of \$20 per family will be required to cover the cost of the Parent Workbook participants will need to attend this course. The workbook is a hardcopy, not an eBook. This fee will also cover postage.

Please let us know if you require a receipt for this contribution. This contribution is non-refundable once the Parent Workbook has been posted. If you are experiencing financial difficulties and are unable to pay this fee, please contact Mana at mana@plumtree.org.au

Date and time

3x weekly online sessions; 2 hours each;
Tuesday 8 February to Tuesday 22 February 2022
7.30pm to 9.30pm AEDT/Sydney time
RSVP by Sunday 16 January

Location

Online via Zoom

Register your interest

plumtree.org.au/event/123-magic-t122



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