



behaviour tonics®

first in practical parenting

- **123 Magic™ & Emotion Coaching**

To help parents manage difficult behaviour in children 2-12 year olds.

Tue 10th, 17th & 24th Feb (2 to 5 yrs) 7 to 9.30pm

Thur 19th & 26th Feb & 5th March (2 to 12yrs) 7 to 9.30pm

Tue 3rd, 10th & 17th March (2 to 5 yrs) 7 to 9.30pm

Tue 24th, Thur 26th & Tue 31st March (2 to 12 yrs) 7 to 9.30pm

Check the website for more dates

NB : (Also available on a one to one basis ie 3 x 1.5 hr sessions)

- **Engaging Adolescents**

Parenting skills for resolving teenage behaviour problems in 11 - 16 yo.

Includes how to hold difficult conversations, working out how NOT to respond to tricky emotional encounters, building your relationship with your teenager. 2 evenings, Wed 4th & 11th March, 6.45 to 9.30pm.

- **Protective Behaviours**

Teach your child a range of skills and strategies to help protect themselves from physical, emotional and sexual abuse. Parents will be taught how to raise the issue of personal safety in such a way that doesn't leave the child feeling scared, anxious or worried. It is also done in a non threatening and non sexual way. Available 'In House' for schools, playgroups etc.

- **Parenting Information Sessions** (including 10 take home tips)

These 2 hr seminars are designed to improve your knowledge and confidence as a parent. Available 'In House' for schools, playgroups etc.

- **Private consults and courses available.**



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