

# Bringing Up Great Kids

## DAD's Parenting Program

A program for dads run by dads

### What is the BUGK Program:

'Bringing Up Great Kids' Parenting Program is a group parenting program developed by the Australian Childhood Foundation for a wide range of parents.



The 'Bringing Up Great Kids' Parenting Program and resources are designed to promote and support respectful, caring and nurturing relationships between parents and their children.

A good parent and child relationship is a strong foundation for all future relationships in a child's life.

### What you can expect from coming along:

The Bringing Up Great Kids' program and resources support parents to:

- Understand why we parent the way we do – and how parenting differently can be more effective
- Identify the important messages you want to pass on to your children
- Learn about your child's brain development and how it influences thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Learn how to overcome some of the obstacles getting in the way of being the parent you would like to be
- Develop strategies to manage the challenges of being a parent



### The DADS BUGK Program starts on:

**Thursday 27<sup>th</sup> October**

Then the following Thursdays:

3<sup>rd</sup> November

10<sup>th</sup> November

24<sup>th</sup> November

1<sup>st</sup> December

8<sup>th</sup> December

**Where:** Kentish Family Support House contact

KFSH for further details or to register 6491 2322

**Time:** 1.30-3pm

**Afternoon tea  
will be provided**

