

# PARENTING FUEL UP

## Friday 6th March

### Communication – Learning styles and personality styles

This session explores the different ways we all have dealing with the world. You will develop a practical understanding of how your strengths and talents impact on others including your children. By the end of the session, you will be able to:

- Identify your own personality type and learning styles
- Give examples of your key strengths and relate these to parenting
- Develop knowledge of other personality types and learning styles
- Explore how different personality types impact on different situations

## Friday 20th March

### healthy snacks and kids' lunchboxes

Learn about foods that are more nutritious for you and your children. Find out about the 4 food groups and how they can help you make better choices when choosing snacks and making up healthy lunch boxes.

## Friday 13th March

### Communication – “Speak so your kids will listen”

A major part of discipline is learning how to talk with children. The way you talk to your children teaches them how to talk to others. This session will give you language choices that will have an instant effect on your child's responses. Discover how open questions will lead to more positive dialogue, and how offering simple choices can shift the position of power.

## Friday 27th March

### Managing challenging behaviour – choices and consequences

All parents experience challenging behaviour from their children at some point. This short course builds on the skills learned in the Communication 2 session and will help you to develop strategies to:

- cope with your child's negative feelings
- engage your child's willing cooperation
- set firm limits
- use alternatives to punishment
- resolve family conflicts peacefully

9.30am  
to 11.30am



transport available for Nawton  
and Crawshaw residents

Held at The Western Community Centre

46 Hyde Ave, Hamilton

more info and to register contact

reception@wccham.org.nz 847 4873 ex3

[www.westerncommunitycentre.org](http://www.westerncommunitycentre.org)



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