

## Communicating better with our children ...

As parents, grandparents, caregivers we all want our children to grow up to be healthy, happy, well-adjusted adults.

Today, there is a law against smacking, so how do we discipline our children without smacking them?

**MAGIC MOMENTS** is a made up of three modules which will guide you on how to be aware of how you communicate with your children.

*This course has been developed between Parents Centre New Zealand and Ministry of Social Development and run by trained facilitators.*

## Other Parenting Education programmes

**PARENTING WITH PURPOSE** – *creating a positive future for our children*

**BABY & YOU** (0–3 months) – *feeding, sleeping, crying, relationships, brain development*

**MOVING & MUNCHING** (4–8 months) – *physical and brain development, introducing solids*

**TOILET TRAINING**

**EARLY CHILDHOOD CHOICES** – *various agencies talking about what they offer for pre-schoolers.*

Whangarei Parents Centre will be introducing more courses in 2009.

# How to discipline without smacking



## Magic Moments

*Communication for Co-operation*

Whangarei Parents Centre



## What is conscious parenting?

“ Conscious parenting means becoming deliberate and intentional about what we want for the children we care for. It is making choices about what we bring from our own families and what we choose to leave out.”

*Taken from 'Children Are Unbeatable'  
Rhonda Pritchard (2007)*

## Magic Moments

### *Communication for co-operation*

The learning outcomes for each module of the programme are:

#### • **Module One**

- Understand the six Principles of Effective Discipline and how they apply in your own life.
- Identify and understand the developmental stages and milestones of preschoolers.
- Identify a wide range of positive and effective communication techniques.

#### • **Module Two**

- Identify communication techniques to engage children's co-operation.
- Understand the importance of routine and structure and have practical strategies for use in your own life.
- Understand why it is important to allow children to express their feelings.
- Understand how and why preschool children express their feelings.
- Identify a range of practical techniques for helping children express and deal with their feelings.

#### • **Module Three**

- Understand the difference between discipline and punishment.
- Identify some negative outcomes of physical discipline of children.
- Identify some negative behaviour triggers in children.
- Identify a wide range of non-physical discipline techniques and ways in which they can be used within a family setting.

Each participant will receive their own workbook to work through.



For more information of cost and dates, please contact:

### **Whangarei Parents Centre**

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*please leave a message*

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