

123 Magic® & Emotion Coaching

Sick of the kids arguing, fighting, talking back and testing your limits?

Are you yelling more than you want to?

Need strategies to manage misbehaviour when out in public?

In 1-2-3 Magic & Emotion Coaching you will learn:

- The two approaches to parenting.
- How to control obnoxious behaviour.
- How to discipline without arguing, yelling or smacking
- How to show empathy while developing emotional intelligence in your child.
- How to handle the 6 kinds of testing and manipulation.
- 7 tactics for encouraging good behaviour.
- How to strengthen the relationship with your child.
- Encourage self-esteem.
- How to manage tantrums.

WHAT'S THE COURSE ABOUT?

123 Magic® & Emotion Coaching focuses on helping children 2-12 yrs to self-manage their behaviour using simple methods

What people are saying about 1-2-3 Magic & Emotion Coaching:- [“Actual feedback from this course”](#)

- *“I got so much out of the course. It is working and helping.”*
- *“Excellent strategies – able to be calmer in tough situations.”*
- *“Great strategies and easy to put in place at home & in public.”*
- *“Was great to normalise my situation and learn skills & techniques to address issues.”*
- *“It was great – it’s already working for me.”*
- What a relief to come across a program that preserves the dignity of the child, maintains the self-control of both the parent and the child and is actually easy to remember at those times when memory is the first thing to go.
- I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later on down the line needs excessive discipline or grows out of control.
- An end to the yelling and arguing!
- It saved our lives.
- Simple, sane, effective

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Ideas and principles about parenting
- Patterns that develop in families and how to change unhelpful patterns
- A variety of tools for changing behaviour

WHAT WILL YOU LEARN?

- Three strategies to choose from when your child misbehaves
- Three straightforward steps to: control difficult behaviour, encourage good behaviour, strengthen your relationship
- How your own behaviour can influence your child and how to encourage cooperation around the home
- Simple strategies to practise being a calm parent. Discover how your silence can speak louder than words

WHO IS IT FOR? Parents/carers of children 2-12 years

The course runs for 5 sessions - 2.5 hours each week. 10am – 12.30pm

Where: Mitchell House (Wonthaggi Neighbourhood Centre) – Murray St, Wonthaggi.

COST: \$15 (to cover your workbook)

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