

ST. JOHN THE APOSTLE

Catholic Primary School



Presents Parent Course

1-2-3 Magic and Emotion Coaching

The program supports parents and caregivers with effective strategies to help their children self-regulate and manage their emotions and behaviour. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about the world around them.

1-2-3 Magic is easy to learn and it works!

The logical and practical 1-2-3 Magic method can be learnt in **3 sessions**. It is easy to remember and implement especially when parents are tired or stressed.

Strategies are given for the following 3 tasks of parenting:

- ✓ Helping children to self-regulate and learn to control their own unwanted behaviour
- ✓ Encouraging social and emotional learning and self-awareness
- ✓ Strengthening parent-child relationships (shared fun, praise and listening.)

Where: St. John the Apostle Catholic Primary School

166 Alfred Street, Narraweena. School library.

When: Mondays 18th, 25th June and 2nd July. **Time:** 6:30-9:00pm

Cost: \$10 for a workbook covering the 3 sessions.

RSVP: Bookings are essential: <http://www.schoolinterviews.com.au>

Booking Code: yhnza

**Queries: School office 9971 9297 or
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