

Bringing Up Great Kids in First 1000 days



Overview

Bringing Up Great Kids in the First 1000 Days is a 5-week program that emphasises the importance of living in a safe and nurturing environment. It provides parents with knowledge about brain development and an understanding of how children grow and what they need, plus the centrality of family relationships.

Day: Mondays

Date: 9th Nov- 7th Dec

Time: 5.30pm -7.00pm

Where: Via Zoom

Cost: Free

What you will learn

- Brain development both during pregnancy and after
- Understand the importance of a positive start in the first thousand days
- Identify the importance of giving positive nurturing messages to babies and young children
- Discover how to be the kind of parent/s you want to be
- How to take care of yourself and your baby and find support when you need it

To register please contact Karen or Sally at:

kbutterworth@geelongcity.vic.gov.au

slearey@geelongcity.vic.gov.au



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