

Jigsaw north

Manaaki Whaanau - Quality Family Services

Anger Change For Mothers

A therapeutic programme for mothers who want to have a less angry relationship with their child.

This course acknowledges the reality that many mothers struggle to enjoy a good relationship with one or other of their children, even though they still love and want the best for them.

Mothers frequently report:

- Great relief that they are not alone in their struggle
- Feeling less stressed with their child
- That understanding 'why' they have been angry has helped lessen their anger

This course is run every school term once a week for six weeks.

Course Fee: \$40.00

To Register: Phone our office on 09 438 8852 (bookings are essential - limited spaces available)



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Good Enough Parenting Versus Perfection

The daily reality of parenting offers many challenges for all parents. No one gets it right all of the time. In this course you can begin to think about how to set a 'bottom line' for behaviour and still have a good relationship with your child/ren.

We look at the natural developmental stages of children from birth and the numerous challenges that these can present and includes:

- Understanding brain development - and why the first 3 years are critical
- Personality types, parenting styles, communication styles
- Managing challenging behaviour in positive ways e.g. tantrums, not listening, pushing boundaries, bullying etc
- Building self esteem and positive relationships
- Self care for parents whether parenting as a couple/single parent/step-parenting

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