



BUGK PARENT & FAMILY WORKSHOPS

Free workshops for all ADPS parents and families

The workshops help parents and caregivers with daily challenges, build confidence, and connect better with the school and community.

What Families Can Expect:

- A calm and friendly group setting designed for parents of school children
- Useful tips for dealing with parenting problems
- Chances to meet other parents and caregivers
- Supportive and non-judgmental guidance
- The BUGK team will be available for informal check-ins before and after sessions, allowing parents to connect, ask questions, and access supports.

Enroll through the school office:

✉ AshburtonDrive.PS.CCS@education.wa.edu.au
☎ (08) 9234 6300

WHERE

Ashburton Drive Primary School

WHEN

1.30 PM - 2.30 PM

TERM 3 Tuesdays
11th, 18th, 25th August
1st, 8th September

TERM 4 Tuesdays
13th, 20th, 27th October, 3rd,
10th November

- 5 sessions in Term 3 and 4
- You can join any or all
- Free crèche available
- Afternoon tea provided



Multicultural Women's
Health Services



BUGK PARENT & FAMILY WORKSHOPS OVERVIEW

The Bringing Up Great Kids program (BUGK) is a mindful, reflective and respectful parenting programme with a focus on building loving and nurturing relationships between parents and carers and their children. The programme supports parents and carers to understand both themselves as parents and their children through the nurturing and supportive environment of the group. The Bringing Up Great Kids programme supports parents and carers to:

- Reflect on the origins of their own parenting style and how they would like to parent.
- Consider what is going on in the child's brain and the relationship to their behaviour.
- Explore communication between parents and children.
- Discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.
- Learn about the importance of parents/carers taking care of themselves, to be able to support their children to feel good about themselves.

By the end of the sessions, parents will:

- Know how to build positive and respectful relationships with their children.
- Identify how to respond to their children's needs.
- Understand their parenting styles.
- Understand the messages they give and receive.
- Be able to source information and support for their parenting roles.

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