

# Connect, Coach and Take Charge

## What to do and how to help ... for “big feelings” kids who get frustrated, non-co-operative and distressed

### Does your 4 to 11 year old child:

- Often feel and act very frustrated, overwhelmed or angry?
- Find it hard to listen and follow instructions or routines?
- Find it tough to manage friends and interactions with siblings?

#### Do you:

- Sometimes feel worried or frustrated about your child’s behaviour and don’t know what to do next?
- Feel like strategies that work for other children don’t work for your child?

**Dates:** (6 weeks) Thurs 19/10/23—23/11/23

**Time:** 6.30-8.00pm.

**Place:** Online via Zoom

**Cost:** \$235 for 6 weeks (ie ~\$39 per session)

\*As this group is specifically for caregivers of children with emotional challenges and we know that these are often exacerbated by differences and disabilities, many families with children with self managed NDIS funding may be able to claim the cost of this group. We will provide you with an invoice to facilitate your claim.

(Places limited and full 6-week commitment required. Bookings only confirmed on completion of questionnaires).

### We can help!

Connect, Coach and Take Charge is run by clinical psychologists who have worked with “big feelings kids” for many years. This course will help you:

- Learn why some children find it hard to act in calm and co-operative ways
- Know to reconnect and feel more positive about children with big feelings
- Coach your child to learn and practice the skills of feeling calm and solving problems
- Use kind “take charge skills” with children who find it tough to follow instructions
- Be kind and compassionate to yourself as a caregiver of a child with big feelings
- Connect with other parents/caregivers who understand the challenges of taking care of big feelings kids

Our research shows that parents who attend this group report significant changes in parenting behaviours and also that their children show a significant decrease in mental health. 95% of parents/caregivers rate the group as helpful (85% say “very helpful”).

Register at: <https://developingminds.net.au/connect-coach-and-take-charge>



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