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## POSITIVE PARENTING TRAINING

How do I get through to my child?  
How do I say NO and commit to it?  
Why does my child not listen to me?  
I wish I had more time to do fun things with my child!  
Am I a good parent?

Do you worry about these issues? Do you feel overwhelmed by your work and home life, and you struggle to balance the two?

**MINDWIZE CLINIC** is offering a **Positive Parenting Training Course** run by our highly experienced Occupational Therapist, Nadira Lee Shue Ling.

Our **Positive Parenting Training Course** will enhance your parenting skills so that you can build loving, health and secure relationships with your children. Our sessions are informative, interactive, practical and a lot of fun!

The **Positive Parenting Training Course** will be held over two Saturdays, with a three hour session per day.

The following topics will be covered:

- Effective Communication
- Resolving conflicts
- Setting and adhering to boundaries
- Making time for you and your child
- Understanding and dealing with challenging behaviour

For Further Details of the cost and the dates of the next course please contact MINDWIZE CLINIC

**Dr I. Hoosen, Dr R. Kader & Associates**