

# 1-2-3 MAGIC AND EMOTION COACHING

FOR PARENTS OF 2-12 YEAR OLDS

This course provides you with the knowledge and a set of practical responses to manage children's difficult behaviour and emotional upsets as they are happening.

You will learn how to build up and strengthen your child's self-regulation and self control.

## Learn about...

- What is self regulation?
- How to be more consistent.
- How to set limits calmly and effectively.
- The problems that occur when parents talk too much and show too much emotion.
- Sorting behaviour: what to do and how to respond to different types of behaviour.
- How to pick your battles, how to Emotion Coach and how to use the 1-2-3.
- How to strengthen relationships and encourage positive behaviour.



🕒 6:00-8:30pm

📅 28 Aug & 4 Sept  
~ 2-part series, in person

👤 Facilitator: Brad Williams

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**Special Price:**  
**\$145pp**

**Save \$50pp**

**Held at Moerlina School  
Mt Claremont**