



HEALTH
PSYCHOLOGY
CENTRE

Expert Parenting Advice

*From toddlers
to teens*

We want
kids who
are happy,
healthy
and well
behaved



No Waiting Lists
After hours Appointments

Call on 9841 7277

www.healthpsychologycentre.com.au

So why is it so hard?

Parents of toddlers, primary schoolers and teenagers alike say that they are frustrated by constant nagging, bribing and yelling, they don't know what to try next. Some parents worry that their children are dealing with big problems like depression, self-harm or an eating disorder.



The good news is that parenting doesn't need to be difficult or mysterious. We all know that kids don't come with manuals, but there are skills that every parent can learn to make parenting easier. In the sessions you will receive step by step guidance from a Parenting Psychologist. You will learn how to talk to your children so that they will behave more respectfully and cooperatively. You will learn how to help your child cope with problems they are going through. Most importantly, the psychologist will help you reconnect with your kids so that you can enjoy being a parent again.



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