

# BUGK in the First 1000 Days



## Overview

As a nurturing, empowering and kind program, Bringing Up Great Kids in the First 1000 days is also a mindful, reflective and respectful program. BUGK in the First 1000 days provides an opportunity for expectant and new parents to begin their parenting journey.

## Program Content

The program will explore:

- how the foetus is growing including brain development;
- how the adults around can support the pregnant parent and growing foetus;
- brain development in children and its influence on their thoughts and feelings;
- the child's, social, emotional, physical and cognitive development;
- what the young child and family need to ensure the child has the best possible health and wellbeing outcomes;
- ways for parents to take care of themselves and to find support when needed;
- important messages parents want to convey to their children.

**Date:** Wednesday 14th February to

**Wednesday 13th March, 2024**

**Time:** 10am – 12.00pm

**Duration:** 5 week program

**Location:** Woodberry Schools as

**Community Centre- Lawson Ave,**

**Woodberry**

**For enquiries and to register –**

**Facilitators:** Leeanne & Bec

**Phone:** Leeanne - 0417263581

**Phone:** Bec – 02 4914 0444

**Limited childcare available**