

South East Metro Parenting Support Services

Workshops for Parents & Carers

What's On - Term 4 Program 2019

The Importance of Play:

For parents & Carers of children aged 0-5 years.

Play allows children to use their creativity and is an essential part of every child's life. Play is important for healthy brain development and supports children's social, emotional, cognitive and physical development. This workshop will inform parents on the value of play and different, creative ways to interact with their child in order to support their development.



Date:	Wednesday 16 th October 2019	Time:	6.30pm – 8pm	Facilitator:	Parenting Support Worker - Communicare
Location:	Murdock Early Education School 29 Brookman Ave Langford	Creche:	Unavailable	Bookings:	langford@murdockearlyeducation.com.au

Let's Talk Toilet Training

For parents & carers of toddlers.

An informative workshop to support you and your child with toilet training and provide you with knowledge and tools to help you through this important stage of a child's development.



Date:	Tuesday 22 nd October 2019	Time:	12.30pm – 2.30pm	Facilitator:	Parenting Support Worker - Communicare
Location:	CPC Gosnells 173 Hicks Street (access via Clara Street Gosnells	Creche:	Yes	Bookings:	CPCGosnells@centrecare.com.au
		Bookings essential!			

Bookings are essential to secure a place, and all workshops are free of charge

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Parenting the Whole Child – Community Seminar

For parents & carers of toddlers.

Come along and hear from our guest speakers about the challenges and triumphs of parenting today and interact with our Q&A panel of parenting experts who support parents with these challenges.

Guest Speakers:

Claire Orange – Presentation on Social & Emotional Development with a focus on anxiety

Griffin Longley (Nature Play) – Presentation on physical play and screen time.



Date:	Tuesday 22 nd October 2019	Time:	6pm – Registrations 6.30pm – Start 8.30pm – Finish	Facilitator:	Parenting Support Worker - Communicare
Location:	Don Russell Performing Arts Centre Lot 13 Murdoch Road Thornlie	Creche:	Unavailable	Bookings:	E parenting@communicare.org.au W Register through Eventbrite

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Date:	Wednesday 23 rd October 2019	Time:	6.30pm – 8pm	Facilitator:	Parenting Support Worker - Communicare
Location:	Goodstart Early Learning 2 Caroline Street Mount Nasura	Creche:	Unavailable	Bookings:	mns@goodstart.org.au

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All About Sleep - Toddlers

For parents & carers of toddlers.

Are you the parent of a toddler who has difficulty getting or staying asleep? Do you wonder how much sleep they really need, or have they changed from a settled baby to a wakeful toddler? Join our workshop on all things sleep related for this age group, to learn new strategies and what life events can disturb a toddlers' need or drive to sleep.



Date:	Monday 28 th October 2019	Time:	10.00am – 12.00pm	Facilitator:	Parenting Support Worker – Communicare
Location:	Communicare 275 Abernethy Road Cloverdale	Creche:	Unavailable but children may attend	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Circle of Security

For parents & carers of children aged 0 – 5 years.

This internationally recognised program focuses on how to strengthen the parent/child relationship. It teaches parents and carers new ways to understand their child's behaviour and needs, as well as the importance of having a secure attachment.

Please note this is an 8 session program.



Date:	Tuesdays 29 th October & 5 th , 12 th , 19 th , 26 th November & 3 rd , 10 th & 17 th December	Time:	12pm – 1.30pm	Facilitator:	Parenting Support Worker – Communicare
Location:	Meerilinga 104 Edney Road High Wycombe	Creche:	Yes	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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Keeping Kids in Mind

For parents & carers of children experiencing conflict after separation.

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher. Keeping Kids in Mind is a **5 week** course for separated parents who are experiencing on-going conflict. The course is designed to:



- Assist parents to see through their children's eyes the experience of parental separation.
- Develop great understanding about how to support children following family separation.

Date:	Tuesdays 29 th October & 5 th , 12 th , 19 th & 26 th November 2019	Time:	5.30pm – 8.00pm	Facilitator:	Parenting Support Worker – Communicare
Location:	Communicare 28 Cecil Avenue Cannington	Creche:	Unavailable	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Positive Discipline in Everyday Parenting

For parents & carers of children aged 4-12 years.

Positive discipline is an approach to parenting that strengthens the child-parent relationship, guides behaviour and teaches children problem solving and conflict resolution. It guides children through warmth and structure to increase their competence in handling challenging situations and developing empathy and respect for themselves and others. It is about long-term solutions that develop children's own self-discipline and their life-long skills. **Please note this is a 5 week program.**



Date:	Fridays 1 st , 8 th , 15 th , 22 nd & 29 th November 2019	Time:	9.30am – 11am	Facilitator:	Parenting Support Worker - Communicare
Location:	Riverton Library 67 Riley Road Riverton	Creche:	Yes Bookings essential!	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

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Date:	Thursday 14 th November 2019	Time:	9.30am – 11.00am	Facilitator:	Parenting Support Worker – Communicare
Location:	Communicare 275 Abernethy Road Cloverdale	Creche:	Unavailable	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Setting Boundaries:

For parents & carers of children up to 12 years.

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.



Date:	Monday 18 th November 2019	Time:	6.30pm – 8pm	Facilitator:	Parenting Support Worker - Communicare
Location:	Murdock Early Education School 29 Brookman Ave Langford	Creche:	Unavailable	Bookings:	langford@murdockearlyeducation.com.au

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Protective Behaviours

For parents & carers of children aged 0 – 12 years.

Equip your child with the language and principles of protective behaviours, these can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves. You can't be with your child 24 hours a day, so learn how you can help them keep themselves safe.



Date:	Wednesday 20 th November 2019	Time:	9.30am – 11.00am	Facilitator:	Parenting Support Worker – Communicare
Location:	Leisurelife Centre 34 Kent Street Victoria Park	Creche:	Yes Bookings essential	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Guiding Behaviours

For parents & carers of children aged 1 – 10 years.

Are you finding your child's behaviour challenging? Do they seem to oppose everything you say? Would you like them to do the right thing even when you aren't looking? The way we respond can greatly influence how and what our children learn, manage emotions and make decisions. Come and explore ways we can guide our children's behaviour in the short term and the choices they make in the future.



Date:	Thursday 21 st November 2019	Time:	9.30am – 11.30am	Facilitator:	Parenting Support Worker – Communicare
Location:	Communicare 275 Abernethy Road Cloverdale	Creche:	Unavailable	Bookings:	T 9251 5777 E parenting@communicare.org.au W Register through Eventbrite

Bookings are essential to secure a place, and all workshops are free of charge