

South East Metro Parenting Support Services

Workshops for Parents & Carers

Term Two 2019

1. Tuning Into Kids:

For parents & carers of children aged 3 - 12 years.

Tuning Into Kids is a **5 week** parenting program that aims to help parents and caregivers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural difficulties. Tuning Into Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Mondays 29 April, 6, 13, 20, & 27 May	Crèche:	Crèche available
Venue:	CPC East Maddington 79 Pitchford Ave Maddington	Time:	1.00pm-2.30pm	Bookings:	9251 5777 parenting@communicare.org.au

2. 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.**

Facilitator:	Parenting Support Worker- Communicare	Dates:	Fridays 3, 10, 17, 24, 31 May	Crèche:	Crèche available
Venue:	Woodlupine Family Centre, 88 Hale Rd, Forrestfield	Time:	9.30am-11.30am	Bookings:	9251 5777 parenting@communicare.org.au

3. 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.**

Facilitator:	Parenting Support Worker- Communicare	Dates:	Wednesdays 8, 15, 22, 29 May 5, 12, 19 & 26 June	Crèche:	Crèche available
Venue:	Brookman Child Parent Centre, 34 Brookman Ave, Langford	Time:	12.00pm-2.00pm	Bookings:	cpcbrookman@parkerville.org.au

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



Supported by



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4. Tuning Into Kids:

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Facilitator: Parenting Support Worker- Communicare
Dates: Thursday 9, 16, 23, 30 May & 6 June
Crèche: Crèche available
Venue: Armadale Community Family Centre, 101 Challis Rd, Seville Grove
Time: 9.30am – 11.30am
Bookings: 9251 5777

parenting@communicare.org.au

5. Babies on the Move:

For parents & carers of children aged 0 - 12 months

This **4 week** workshop will aid & support parents & carers through the most common issues faced in the first year of parenting. The main topics will include: 1. Moving onto solids 2. Sleep & routines 3. Behaviour & brain development 4. Safety for your baby. Parents will have the opportunity to ask questions & connect with other parents.

Facilitator: Parenting Support Worker- Communicare
Dates: Tuesdays 14, 21, 28 May & 4 June
Crèche: N/A Babies Participate
Venue: Communicare 275 Abernethy Rd, Belmont
Time: 9.30am-11.30am
Bookings: 9251 5777

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6. Sensory Play:

For parents & carers of children aged 18 months- 3 years

This interactive program is suitable for toddlers who are becoming mobile and exploring their coordination and how the world works around them. In this hour long group parents and children will together move through various sensory activities including singing, textured play, climbing, visual experiences and movements that encourage balance, adjustment and skills.

Sensory Play is designed to give toddlers an opportunity to experience, alongside their caregiver, how their body receives sensory messages through their eyes, ears, nose and touch.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Wednesday 15, 22, 29 May, 5 & 12 June	Crèche:	N/A child participates
Venue:	Communicare 28 Cecil Ave, Cannington 6107	Time:	9.00am-10.00am	Bookings:	9251 5777 parenting@communicare.org.au

7. 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.**

Facilitator:	Parenting Support Worker- Communicare	Dates:	Thursday 16, 23, 30 May, 6 & 13 June	Crèche:	Crèche available
Venue:	Leisureworld Thornlie Ave & Culross Ave, Thornlie	Time:	9.30am – 11.30am	Bookings:	9251 5777 parenting@communicare.org.au

8. Fussy Eaters

For parents & carers of children aged 1 - 5 years

Do you have a fussy eater at home, is your child unwilling to try new foods? Are you finding it difficult & frustrating to get a balanced diet with your child? Many children are fussy eaters, and although fussy eating is normal it can be hard to handle & worrying for parents. This workshop will offer practical tips for the fussy eaters in your family.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Monday 20 May	Crèche:	No crèche- but child may attend
Venue:	Communicare 275 Abernethy Rd Belmont	Time:	9.30am – 11.30am	Bookings:	9251 5777 parenting@communicare.org.au

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9. Tuning Into Teens:

For parents & carers of children aged 10 - 18 years

Positive family relationships are essential for adolescent health, including mental health and behaviour. For parents, understanding the role of emotions in family life will help improve relationships and raise happy, healthy teenagers. In this workshop you will have the opportunity to learn developmentally appropriate skills in:

- understanding adolescent development accepting teens' emotions
- managing feelings of rejection in response to teens increasing independence
- creating opportunities for connection between parent and teen

Facilitator:	Parenting Support Worker- Communicare	Dates:	Tuesday 21, 28 May, 4, 11 & 18 June	Crèche:	No crèche available
Venue:	Communicare 275 Abernethy Rd Belmont	Time:	5.30pm-7.30pm	Bookings:	9251 5777

parenting@communicare.org.au

10. 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 importance of play and different and creative ways to interact with their child in order to support their development.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Monday 27 th May	Crèche:	Crèche available
Venue:	Gosnells Child Parent Centre, 173 Hicks St, Gosnells (Ent off Clara St)	Time:	12.30pm-2.30pm	Bookings:	CPCGosnells@centrecare.com.au

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11. Setting Boundaries:

For parents & carers of children aged 0 - 8 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.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Monday 10 June	Crèche:	Crèche available
Venue:	Gosnells Child Parent Centre, 173 Hicks St, Gosnells (Ent off Clara St)	Time:	12.30pm-2.30pm	Bookings:	9251 5777
					parenting@communicare.org.au

12. Toilet Training:

For parents & carers of toddlers

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

Facilitator:	Parenting Support Worker- Communicare	Dates:	Monday 10 June	Crèche:	Crèche available
Venue:	Ruth Faulkner Library 215 Wright St, Cloverdale	Time:	6.00pm-7.30pm	Bookings:	Library- 9447 7150

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13. Engaging Adolescence:

For parents of Adolescents

The teenage years can be a challenge for families, as children develop into adolescents with their own opinions that may differ from their parents. Engaging Adolescence is a program designed for parents looking for common ground with their teenagers.

The **3 session** workshop includes:

- What are reasonable expectations to hold about adolescents?
- New understandings of adolescence: social landscapes, brain snaps, body makeovers.
- A three-option model & flowchart for decision making to help manage teenage behaviour

Facilitator:	Parenting Support Worker- Communicare	Dates:	Monday 17, 24 June & 1 July	Crèche:	No crèche available
Venue:	Gosnells Women's Health Service 2232 Albany Hwy Gosnells	Time:	9.30am-11.30am	Bookings:	https://events.humanitix.com.au/engagingadolescence

14. Keeping Kids In Mind:

For parents who have separated from their partner and encountering challenges with co-parenting. (Suitable for separated parents & carers of children aged up to 12 years)

Keeping Kids In Mind is a **5 week** course for separated parents who are experiencing ongoing conflict. The course is designed to assist parents to see through their children's eyes the experience of parental separation and develop a greater understanding about how to support children following family separation.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Tuesday 28 May 4, 11, 18, 25 June	Crèche:	No crèche
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	9.30am-11.30am	Bookings:	9251 5777 parenting@communicare.org.au

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16. The Importance of Play:

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

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Facilitator:	Parenting Support Worker- Communicare	Dates:	Wednesday 15 May	Crèche:	Crèche available
Venue:	Challis Child Parent Centre, 40 Braemore St, Armadale	Time:	9.30am-11.00am	Bookings:	9251 5777 parenting@communicare.org.au

17. Toilet Training:

For parents & carers of toddlers

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

Facilitator:	Parenting Support Worker- Communicare	Dates:	Wednesday 5 June	Crèche:	Crèche available
Venue:	Challis Child Parent Centre, 40 Braemore St, Armadale	Time:	9.30am-11.00am	Bookings:	9251 5777 parenting@communicare.org.au

18. Guiding Behaviours:

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

When did your child start using the word 'NO!' – more than you? - Answer: kids act out what they learn!
Your child's brain is a work in process and is developing at the rate of millions of connections a day. Certain experiences and opportunities can greatly enhance your child's self-regulation and emotional control, where other environments and attitudes can make life difficult for all. Come and explore the expectations and possibilities of managing your child's natural curiosity of the world around them.

Facilitator:	Parenting Support Worker- Communicare	Dates:	Wednesday 26 June	Crèche:	Crèche available
Venue:	Challis Child Parent Centre, 40 Braemore St, Armadale	Time:	9.30am-11.00am	Bookings:	9251 5777 parenting@communicare.org.au

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19. Let's Talk Parenting:

Would you like to get some help that is supportive and respectful of your culture?

We all need a little help dealing with common parenting issues once in a while. If you have any questions or need some support parenting your baby, child or teenager, then please feel welcome to come along and discuss with others. The Parenting Support Worker will be there with support and information and to answer any questions or concerns you may have. Hope to see you there! Light refreshments provided.

Facilitator:	Parenting Support Worker- Save The Children	Dates:	Wednesday 12th June	Crèche:	Crèche available
Venue:	Communicare, 28 Cecil Ave, Cannington	Time:	9.30am-11.30am	Bookings:	9251 5777 parenting@communicare.org.au

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