The Parenting Place

Child and Family Counselling Service

NSW GOVERNMENT Health
South Eastern Sydney Local Health Network

FREE VIRTUAL PARENT SESSIONS Term 4 2020

Community Health at Caringbah is offering practical information and tips to parents of young children living in the Sutherland Shire and St George areas.

ALL ENQUIRIES & BOOKINGS GO TO: https://www.surveymonkey.com/r/TheParentingPlace

TODDLER BEHAVIOUR AND EMOTIONAL WELLBEING (ages 2-5)

Our Toddler Behaviour and Emotional Wellbeing workshops look at some of the reasons why children under five present with behavioural issues.

We discuss useful positive parenting strategies and consider how a parent can take care of themselves in the process.

PART 1 Wed 28.10.20 1-2pm
PART 2 Wed 4.11.20 1-2.30pm
OR
PART 1 Thurs 26.11.20 1-2pm
PART 2 Thurs 3.12.20 1-2.30pm

TOILET TRAINING (ages 1-5)

At these sessions we discuss 'ideal' toilet training as well as do some troubleshooting for those that have already encountered problems.

Tuesday 13th October 1-2.30pm
OR
Wednesday 18th November 1-2.30pm

ANXIETY IN PRESCHOOLERS (ages 2-5)

Is your child having difficulty separating from you or facing new situations? This session looks at what is normal anxiety in a young child and when anxiety is a problem that needs to be addressed. We will give parents practical tools and strategies to assist their child in managing these strong emotions.

Tuesday 20th October 1-2.30pm
OR
Wednesday 25th November 1-2.30pm

PREPARING YOUR CHILD EMOTIONALLY TO START SCHOOL (ages 3-5)

Transitioning to school is a big change for most young children. In this session we consider how we can support and prepare our children emotionally to face this significant milestone in their lives.

Wednesday 11th November 1-2.30pm

FUSSY EATER (ages 1-5)

We discuss why young children become fussy eaters and positive parenting strategies to manage them. This is a great workshop if your child is under two, as you may learn some preventative techniques to avoid problems occurring.

Friday 30th October 1-2.30pm
OR
Wednesday 2nd December 1-2.30pm

UNDERSTANDING YOUR 1-2 YEAR OLD (ages 1-2)

We look at the wonderful but often challenging changes that occur in the second year of life and ways of managing it.

Friday 23rd October 1-2.30pm
OR
Friday 27th November 1-2.30pm

123 MAGIC (ages 2-5)

This is a 3 week program that helps parents to handle challenging and testing behaviours without yelling or smacking. Using the 3 choices model, it teaches emotion coaching to encourage good behaviour.

Thurs 15th- 29th Oct 12-1.30pm (last session 12-2)
OR
Tues 24th Nov – 8th Dec 12-1.30pm (last session 12-2)