Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution
Chatswood 5 wks/2.5hrs  (1/3 - 29/3 - 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you
Chatswood (23/2, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (25/2 - 24/3)

Triple P Seminars- Chatswood (9/3, 16/3 & 23/3)

Communicating with Kids Workshop (based on PEP)- Chatswood (5/4)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS 8877 5152
* Dealing with Teen's Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/ Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)
* Older Sibling - New Baby
* Transition to School
* Grand Parenting
* Communicating with Kids

Enquiries: Child & Adolescent Parenting 8877 5152

NSW
Government
Northern Sydney
Local Health District
FOR CHILDREN 1–12 YEARS

Toddlers: Terrible or Terrific
3 x 2.5 hr workshops $50pp or $120pp for 3 workshops in one term Age 1-3yrs
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep
Term 1 Mon 7:00-9:30pm 22/2(1), 29/2(2), 7/3(3) Chatswood
Term 2 Thurs 7:00-9:30pm 12/5(1), 19/5(2), 26/5(3) Chatswood

Helping your 3 - 6 Year Old Child with Anxiety
2 x 2.5hr workshops $80 for the 2 workshops
PARTICIPANTS MUST ATTEND BOTH WORKSHOPS
Content: Understand anxiety, symptoms, impacts & causes; learn ways to overcome anxiety & work on specific skills; find out traps to avoid & where to seek help.
Term 1 Mon 7:00-9:30pm 21/3 & 4/4 Chatswood
Term 2 Tues 7:00-9:30pm 7/6 & 21/6 Chatswood

FOR TEENS

Tuning in to Teens
5wks (2.5hrs) $175pp ($150 concession) Age 3-10yrs
Content: Help your teenager develop emotional intelligence, learn how to talk with and understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.
Term 1 Tues 7:00-9:30pm 1/3 – 29/3 Chatswood
Term 2 Wed 7:00-9:30pm 18/5 – 15/6 Chatswood

Dealing With Teen's Backchat Workshop
2.5hrs $50pp
Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.
Term 1 Tues 7:00-9:30pm 23/2 Chatswood
Term 2 Wed 7:00-9:30pm 11/5 Chatswood

Resilient Kids Workshop
2.5hrs $50pp
Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.
Term 1 Wed 7:00-9:30pm 30/3 Chatswood
Term 2 Tues 7:00-9:30pm 14/6 Chatswood

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS

Grand Parenting
2.5 hours
Content: Role of grandparents in today's world, challenges and joys of being a grandparent, supporting children/ grandchildren through active listening & problem solving, discussion around real life scenarios.
MON 14/3 7:00-9:30PM CHATSWOOD

Communicating with Kids Workshop 2.5hrs
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

Transition to School
2.5 hours
Content: The emotional transition from home to school, effective communication and listening skills, how to say "no" assertively, problem solving skills and how parents can look after themselves.

Resilient Kids
2.5 hours
Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School
2.5 hours
Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

Dealing with Backchat
2.5 hours
Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.