

FREE

Parenting Workshops for MUMS & DADS



“SLEEP”

6th AUGUST

VENUE: MARILLA HOUSE, 26 Dargin Way, Rockingham

This information session includes why toddlers (aged 1-3 years) need sleep, how much sleep they need, bedtime routines, night terrors and ideas for toddlers who frequently wake in the night, or have difficulty going to sleep.

“NUTRITION”

13th AUGUST

VENUE: WARNBRO Y, Okehampton Road, Warnbro

Come along to this information session to find out just how much your toddler (aged 1-3 years) should be eating and drinking, what to do when they won't eat their vegies and for nutritious ideas for feeding your toddler.

“1-2-3 MAGIC — EMOTIONAL COACHING”

AUGUST 20th, 27th & SEPTEMBER 3rd

VENUE: WARNBRO Y, Okehampton Road, Warnbro

A discipline strategy for children 2 – 12 yrs. A three session course that explores how to discipline without conflict and manage undesirable behaviour. Learn methods for encouraging good behaviour and strengthen your relationships with your children.

All workshops FRIDAYS 9.30am – 12 midday

Venue: Check sessions for venue location

Workshop Bookings:

Please phone Sheryl or Sue 9593 5244

If Crèche is required advance bookings are essential!
(Sign in 9.10am, cost \$3.80 per child per session — please provide a snack and drink for your child). When booking your workshop please advise if crèche is required — numbers are limited

**Workshops Hosted By: * CLAN WA Parent Link Rockingham,
* Pt Kennedy Child Health Nurses, * Parenting WA Rockingham**

