

DCC Parenting Calendar Term 4

October to December 2023

To register visit www.dcc.org.au/families,
email info@dcc.org.au or call 9719 8102



Baby Yoga

Bring your baby along and learn stretching and movements that you can do to your baby to help them grow and develop to their full potential. Baby Yoga is a fun and interactive course and consists of:

- movement, touch and songs for baby
- yoga postures, breathe work and relaxation for parents
- sequences where both parent and baby can work together for mutual benefit

Dates: Fridays, 13 October to 10 November 2023

Time: 11.30 am to 12.30 pm

Venue: Drummoyne Community Centre

Cost: \$30 per person for the 5-week program

Suitability: Parents of children (6-18 months)

Managing Triggers and Avoiding Tantrums

Join us in this three-session workshop tailored to equip every parent with real-world insights and effective tools.

Gain a greater understanding of the triggers that lead to tantrums, steps to strengthen your bond with your child, and get your questions addressed in our interactive Q&A sessions.

Dates: Wednesdays, 18 Oct to 1 Nov 2023

Time: 7.00 pm to 9.00 pm

Venue: **ONLINE VIA ZOOM**

Cost: \$40 for the Zoom link but a registration form **must** be received for all attendees

Suitability: Parents of children (9 -24 months)

Screens in Early Childhood

This series will help to empower parents, carers and educators of toddlers and preschool aged children to manage the safe introduction of digital devices and introduce ongoing usage agreements with the children.

Dates: Tuesdays, 24 Oct – 14 Nov

Time: 1.00 pm to 2.00 pm

Venue: ONLINE VIA ZOOM

Cost: \$22 for the 4-week program (using coupon **DCC50OFF** at Registration otherwise \$44)

Suitability: Parents, carers and educators of children (0-5 years)



Circle of Security Parenting

Taking the guesswork out of parenting! The Circle of Security model is a 'map' for parents and caregivers on how to navigate parenting while juggling other demands in life. Based on fifty years of research, this evidence-based program demonstrates that children with secure attachments have more confidence, compassion, resilience and endurance. Participants must commit to all five. This is a parent only course.

Dates: Mondays, 6 Nov to 4 Dec 2023

Time: 7.00 pm to 9.00 pm

Venue: Drummoyne Community Centre

Cost: \$70 per person for 5 week program

Suitability: Parents of all aged children

Couples to Parents Workshop

This course will provide you with more confidence in your ability to parent and help you to understand the importance of a strong parenting team. You will become more aware of services and support networks available in the local area so that you are assured you are not alone.

Dates: Sundays, 19 & 26 November

Time: 1.30 pm to 4.30 pm

Venue: Concord Library, 60 Flavelle St, Concord

Cost: \$50 per couple (\$30 single supplement)

Suitability: Parents from Pregnancy to 6 months

IMPORTANT INFORMATION: For some courses, fees are negotiable for families experiencing financial hardship at this time. Priority is given to DCC Members and local parents in the City of Canada Bay area and surrounding suburbs. Please call the office before you complete a registration form to ensure there is a spot available. Reduced fees may apply.



10 Cometrowe St
Drummoyne
9719 8102
www.dcc.org.au
info@dcc.org.au