

DCC Parenting Calendar Term 1

February to March 2024

Register online

<https://dcc.org.au/programs-services/parent-education-support/>



Getting to Know Your Baby (Infant Massage)

It is for parents and their baby and explores baby's body language and their unique sight, sound and sensory cues. It is their way of telling us what they want.

Learn to do baby massage and use it as a method of connection and communication which is effective for settling and sleep problems.

Dates: Fridays, 23 Feb to 22 March 2024
Time: 11:30 am to 12:30 pm
Venue: Drummoyne Community Centre
Cost: \$30 for the 5 week program
Suitability: Parents of children (0 - 10 months)

Settling Into Childcare, Preschool or Kindergarten

Has your child started Preschool or Kindergarten? Is your family experiencing change? This workshop series will help you to support your child through the emotional and social changes to help them feel more confident, complete, committed and calm!

Learn how to navigate potential minefields. Discover how to successfully guide your child's tricky or testing behaviour without resorting to punishments, coercion, or rewards. Have your questions answered, and fears alleviated, as you navigate these early days and weeks.

Dates: Tuesdays, 5, 12 and 19 March 2024
Time: 7.30 pm to 9.30 pm
Venue: **ONLINE VIA ZOOM**
Cost: \$40 for the 3 week program
Suitability: Parents of children (1 – 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 three sessions and be able to have a short telephone interview prior to being accepted on the program. This is a parent only course.

Dates: Sundays, 10, 17 and 24 March 2024
Time: 9.30 am to 12.30 pm
Venue: Drummoyne Community Centre
Cost: \$70 per person for 3 week program
Suitability: Parents of children (6 months – 12 years)

DADS: Getting to Know Your Baby (Infant Massage)

This half-day workshop is for fathers and their baby. It explores baby's body language and their unique sights, sounds and sensory cues. This course teaches what to look for and ways in which to respond. It is a practical workshop, and you will learn to do baby massage which is effective for settling and sleep problems and is a useful method for building strong connection and communication. Learn more about baby's brain and development and the critical role that dads play in children's lives.

Date: Saturday, 23 March 2024
Time: 1.00 pm to 4.00 pm
Venue: Drummoyne Community Centre
Cost: \$30.00 for 3 hour program
Suitability: Dads of children (0-10 months)

IMPORTANT INFORMATION: 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.



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