

# DCC Parenting Calendar Term 3

## July to September 2024

Register online

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



### Brain Development in Children 0-5yrs

A course that translates very complex concepts in a way that is digestible, meaningful and relevant. It provides an insight to the link between the brain, body and behaviour and how a child's behaviour is one of the best windows into brain functioning. By the end of the two sessions you will:

- Identify factors that affect Brain Growth and Development
- Understand the Effect of Stress on Brain Development
- Learn about the 5R's for supporting Healthy Brain Development

By investing in these early years you will positively affect your child for the rest of their life. This course is much more than understanding the growing brain it's about developing good mental health and kind human hearts.

**Dates:** Tuesdays, 6 Aug and 13 Aug 2024  
**Time:** 7.30 pm to 9.00 pm  
**Venue:** [ONLINE VIA ZOOM](#)  
**Cost:** \$20.00 per person for this 3 hour program  
**Suitability:** Parents 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 sessions and be able to have a short telephone interview prior to being accepted on the program. This is a parent only course.

**Dates:** Wednesdays, 11 Sept, 18 Sept, 25 Sept, 2 Oct, 9 Oct 2024  
**Time:** 7.00 pm – 9.00 pm  
**Venue:** [ONLINE VIA ZOOM](#)  
**Cost:** \$70 per person for 10 hour program  
**Suitability:** Parents of children (6 months - 12 years)

### Preparing for Toddlerhood

For parents of children 9 - 24 months, this course helps you to prepare for the toddler years and demystifies typical toddler behaviour.

These sessions are designed to help you support your child to manage their behaviour. Having an insight to how behaviours are expressed and what you can do to manage and minimise has an overflow effect on all other areas of family life.

**Dates:** Thursdays, 12 Sept, 19 Sept, 26 Sept 2024  
**Time:** 7.00 pm – 8.30 pm  
**Venue:** [ONLINE VIA ZOOM](#)  
**Cost:** \$30 for this 4.5 hour program  
**Suitability:** Parents of children (9 - 24 months)

**Facilitated by Dympna Kennedy. Priority is given to DCC members and local parents in the City of Canada Bay area and surrounding suburbs.**

**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 first if you live out of area.  
Register online at [www.dcc.org.au](http://www.dcc.org.au)



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