

DCC Parenting Calendar Term 4

October to December 2024

Register online

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



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, 18 Oct to 15 Nov 2024
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)

Toddlers: Testing, Tricky, Terrific!

The 3-Session Course decodes toddler behaviours, enabling parents and carers to gain a greater insight into what is typical toddler behaviour.

WHY they do what they do.

WHAT parents and others can do in response, and

HOW to apply the tools and techniques to gain a happier and more functional home environment that benefits everyone.

Dates: Wednesdays: 6, 13, 20 Nov 2024
Time: 7.30 pm to 9.00 pm
Venue: [ONLINE VIA ZOOM](#)
Cost: \$30 per person for the 3-week program
Suitability: Parents of children (9 mths - 3 yrs)

Language, Learning and Play

During these sessions we will be exploring how to make connections through language, learning and play. We begin with 'Helping your baby understand', this needs to happen first before your baby can talk.

You will gain an insight into what helps your baby make sense of language and although your baby's first word may not be until over 12 months old, the preparation begins much earlier.

Dates: Tuesdays, 5 Nov to 10 Dec 2024 (excluding 19 Nov)
Time: 11.30 am – 12.30 pm
Venue: Drummoyne Community Centre
Cost: \$30 per person for the 5-week program
Suitability: Parents of children (0-18 months)

Circle of Security Parenting Refresher

This is a parent only course and for parents who have attended a Circle of Security program with Drummoyne Community Centre and would like a refresher. 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.

Dates: Saturday, 30 Nov 2024
Time: 1.00 pm – 4.00 pm
Venue: Drummoyne Community Centre
Cost: \$30 for this 3 hr workshop
Suitability: Parents of children (5-14 years)

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.
- Please call the office first if you live out of area.
- Register online at www.dcc.org.au



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