

DCC Parenting Calendar Term 1

January to March 2025

Register online

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



Infant Massage

For parents and their baby. In this 5 session course we explore together baby's body language and their unique sight, sound and sensory cues. Learn to do baby massage and use it as a method of connection and communication and sleep settling.

Dates: Fridays, 7 Feb to 7 March 2025
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)

DADS: Getting to Know Your Baby (Infant Massage)

This half-day workshop is for fathers and their baby. It is a practical workshop learning how to settle baby. , Learn about baby's brain and development and the critical role that dads play in children's lives.

Date: Sunday, 16 March 2025
Time: 1.30 pm to 4.30 pm
Venue: Concord Library
Cost: \$30.00 for 3 hour program
Suitability: Dads of children (0 - 10 months)

Language, Learning and Play

This 5 session course explores 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: Fridays, 14 March to 11 April 2025
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)

Toddlers Transitioning (online)

Has your child started Childcare, Preschool or Kindergarten? Are you moving house, or welcoming a new baby into your home?

Change can be challenging, especially for little ones. This two-session 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!

Discover new ways to successfully guide your child's tricky or testing behaviour without resorting to punishments, coercion, or rewards.

Dates: Tuesdays, 4 & 11 March 2025
Time: 7.30 pm to 9.00 pm
Venue: **ONLINE VIA ZOOM**
Cost: \$20 per person for the 2-week program
Suitability: Parents of children (1 - 4 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.

Please note that you will be contacted within 2 weeks of starting for a short phone interview. If you have not heard from us please email us on info@dcc.org.au. Thank you

Dates: Sundays, 23, 30 March & 6 April 2025
Time: 1.30 pm – 4.30 pm
Venue: Concord Library
Cost: \$70 per person for this 3 week program
Suitability: Parents of children (6 months - 12 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



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