

DCC Parenting Calendar Term 2

April to June 2025

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, 2 May to 30 May 2025
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 (3 - 15 months)

Toddlers: Managing Triggers and Tantrums (online)

Learn:

- How to support your toddler to cope with change
- The 3-key areas where toddlers will show greatest resistance
- How to manage and prevent tantrums from escalating
- Tips to help your toddler thrive socially and emotionally
- How to implement the 4-Step System to maintain your parent sanity

Dates: Tuesdays, 10, 17 & 24 June 2025
Time: 7.30 pm to 9.30 pm
Venue: **ONLINE VIA ZOOM**
Cost: \$30 per person for the 3-week program
Suitability: Parents of children (2 - 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 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: Mondays, 5 May to 2 June 2025
Time: 7.30 pm – 9.30 pm
Venue: Drummoyne Community Centre
Cost: \$70 per person for this 5 week program
Suitability: Parents of children (0 - 14 years)

Kids and Anxiety Workshop

Children experiencing worry and anxiety can feel overwhelmed, frightened and frustrated. This workshop will help you recognise the triggers and help you prepare, respond and support your child to navigate change and better emotional regulation.

How anxiety develops is different for each child. While genetics, biology and temperament play a part, it is the learning influences which are most important, as these can be modified. Support your child to manage their own emotions and build resilience.

Dates: Sundays, 15 and 22 June 2025
Time: 2.00 pm – 4.00 pm
Venue: Concord Library
Cost: \$20 per person for the 2-week program
Suitability: Parents of children (4 -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



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