

# DCC Parenting Calendar Term 4

## October to December 2025

Register online

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



### Brain Development in Children

By investing in the early years you will positively affect your child for the rest of their life.

Gain digestible, meaningful and relevant insight to the link between the developing brain, the body and behaviour.

- Identify factors that effect brain growth and development.
- Understand the effect of stress on brain growth development.
- Learn about the 5R's for supporting healthy brain growth.

Support your child to meet key milestones.

**Dates:** Wednesdays: 15 & 22 Oct 2025

**Time:** 8.00 pm to 9.30 pm

**Venue:** **ONLINE**

**Cost:** \$20 per person for the 2-session program

**Suitability:** Parents of children (0 - 5 years)

### Baby Yoga

Learn stretching and movements that you can do with your baby to help them grow and develop to their full potential.

This program helps baby with settling, sleep, improved digestion and reduced reflux. At the same time helps mum to regain and retain healthy posture after birth. This is a weekly course each session for 4 weeks.

**Dates:** Fridays, 17 Oct to 7 Nov 2025

**Time:** 11.30 am to 1.00 pm

**Venue:** Drummoyne Community Centre

**Cost:** \$30 per person for the 4-week program

**Suitability:** For babies aged (6 - 18 months)

### Circle of Security 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.

This course is run over 5 sessions.

**Dates:** Mondays, 3 Nov to 1 Dec 2025

**Time:** 7.30 pm – 9.30 pm

**Venue:** Drummoyne Community Centre

**Cost:** \$70 per person (Couples encouraged)

**Suitability:** Parents of children aged (0 -12 years)

### Preparing for Toddlerhood

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 minimize, has an overflow effect on all other areas of family life.

**Dates:** Fridays, 14 Nov to 5 Dec 2025

**Time:** 11.30 am – 1.00 pm

**Venue:** Drummoyne Community Centre

**Cost:** \$30 per person for the 4-week program

**Suitability:** Parents of children (9 -18 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.
- 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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