

DCC Parenting Calendar Term 1

January to March 2026

Register online

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



Resilience Coaching Through Change

Support your child to cope with life changes: new sibling, Preschool, Starting big school.

Change can be exciting, but it can also be overwhelming, frightening, and frustrating for a child.

This workshop will help you recognise the triggers that can lead to panic, meltdowns, and tantrums. Take away a plan on how to prepare, respond and support your child to navigate big and little changes and set them up for better emotional regulation.

Dates: Mondays, 16 and 23 February 2026
Time: 7.30 pm – 9.30 pm
Venue: Drummoyne Community Centre
Cost: \$20 per person for the 2-week program
Suitability: Parents of children (2 - 6 years)

Infant Massage

Discover the power of infant massage in our nurturing course, tailored for parents and their babies.

This experience is more than just learning techniques: it's about understanding your baby's unique needs through their body language and sensory signals. Embrace this opportunity to deepen your bond and enhance your baby's sleep and settling patterns. Join us and give your little one the gift of calm, restful nights and a strong, loving connection.

Dates: Fridays, 27 February to 27 March 2026
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)

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: Tuesdays, 3 March to 31 March 2026
Time: 7.30 pm – 9.30 pm
Venue: **ONLINE**
Cost: \$70 per person (Couples encouraged)
Suitability: Parents of children (0 - 12 years)

DADS: Getting to Know Your Baby (Infant Massage)

This half-day workshop is for fathers and their baby. It explores baby's body language and their unique sights, sounds and sensory cues. This course teaches what to look for and ways in which to respond.

It is a practical workshop, and you will learn to do baby massage which is effective for settling and sleep problems and is a useful method for building strong connection and communication.

Learn more about baby's brain development and the critical role that dads play in children's lives.

Date: Sunday, 29 March 2026
Time: 1.30 pm to 4.30 pm
Venue: Concord Library
Cost: \$30.00 for 3 hour workshop
Suitability: Dads of children (0 - 10 months)

Facilitated by Dympna Kennedy. Priority is given to DCC members and local parents in the City of Canada Bay area followed by Burwood & Strathfield LGA's .

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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