

# DCC Parenting Calendar Term 2

## April to June 2026

Register online

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



### 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 where parents attend with their baby to each session for 5 weeks.

**Dates:** Fridays, 24 April to 22 May 2026  
**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)

### 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 is a parent only course.

This course is run over 3 sessions.

**Dates:** Sundays, 17, 24 & 31 May 2026  
**Time:** 1.30 pm – 4.30 pm  
**Venue:** Concord Library, Cnr Wellbank & Flavelle St  
**Cost:** \$70 per person for this 3 week program  
**Suitability:** Parents of children (0 - 12 years)

### 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, 5 June to 3 July 2026  
**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)

### The Brain Behind the Behaviour (Online)

Turn everyday moments into opportunities to build connection, calm, and resilience at home and in care. By the end of the three sessions you will:

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

By investing in the early years you will positively affect your child for the rest of their life. This course is much more than understanding the growing brain it's about developing good mental health and kind human hearts.

**Dates:** Tuesdays, 9, 16 & 23 June 2026  
**Time:** 8.00 pm to 9.30 pm  
**Venue:** **ONLINE VIA ZOOM**  
**Cost:** \$45 per person for the Course  
**Suitability:** Parents of children (0 - 5 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](http://www.dcc.org.au)



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