

# Online Parenting Workshops

These **FREE** workshops are held online for your convenience.

Choose to join an evening session or the new *'Power Hour - Lunch & Learn'* sessions which offer a condensed version, delivered within an hour, to support parents, carers and professionals who would like to join a workshop during their lunch break.

- ✔ **Triple P: Stepping Stones - Positive Parenting for Children with a Disability (2 - 12 years)**  
**Monday 11 May, 8pm -10pm**  
Parents of children with a developmental disability are given ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.
- ✔ **Triple P: Fear-Less: Supporting Children with Anxiety (6-14 years)**  
**Tuesday 12 May, 7pm - 9.30pm**  
Everyone feels anxious at times, even children and teenagers, but anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach new coping skills.
- ✔ **Independent Eating - Lunch & Learn: Friday 22 May, 12pm - 1pm**  
Learn strategies to help you encourage your toddler to eat with a spoon, sit at a table with others and eat a variety of foods.
- ✔ **Triple P: Helping Children Develop Healthy Screen Time Habits - Monday 25 May, 8pm - 10pm**  
Digital devices like phones, tablets, games and TV are part of everyday family life in most homes and can be part of a healthy lifestyle. This workshop gives some suggestions to help you establish healthy screen time routines
- ✔ **Making & Keeping Friends (10-16 years) - Tuesday 26 May 7pm - 9pm**  
Learn how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges arising.
- ✔ **Developing Good Bedtime Routines for Toddlers - Friday 5 June 12pm - 1pm**  
This session explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems by encouraging children to stay in their own bed throughout the night.
- ✔ **Raising Confident Competent Children - Monday 8 June 8pm - 10pm**  
This seminar will discuss; Showing respect to others; Being considerate; Having good communication and social skills; Having healthy self-esteem; Being a good problem solver and becoming independent.
- ✔ **Power of Positive Parenting (< 12 years) - Tuesday 23 June 7pm - 9pm**  
This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.



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