

Online Parenting Workshops

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

Choose to join an evening session or the 'Power Hour' sessions which offer a condensed version, delivered within an hour, to support parents, carers and professionals who would like to join a workshop during the day.

- ✔ **Triple P: Promoting Digital Wellbeing (pre-teens - teenagers) - Tuesday 4 August, 7pm - 9pm**
A challenge for parents is knowing how to monitor and manage their teenager's use of technology. This workshop will help you set the rules and appropriate limits to encourage responsible, safe use of the evolving opportunities.
- ✔ **Triple P: Helping Children Develop Healthy Screentime Habits (up to 12 years)**
Friday 7 August, 9.30am - 11.30am
Screens are everywhere we turn and essential to daily life. We all need to work out how to use them in ways that help children's development. Problems can occur when we are using screens too much in a passive way. This workshop will provide practical tips and strategies to develop healthy screentime habits for your family.
- ✔ **Responding to Bullying (6-12 years) - Tuesday 18 August, 7pm - 9pm**
Bullying is a common experience for many primary school children and can happen both online and in-person. This workshop helps parents understand what bullying is, why it happens and the impact it can have on a child's wellbeing and school experience. You will learn how to recognise the signs your child may be being bullied, what to do if concerns arise, and how to work with the school. A key focus of the session is practical strategies to help your child respond to bullying.
- ✔ **Triple P: Raising Resilient Children (2-12 years) - Friday 21 August, 9.30am - 11.30am**
This workshop explores emotional resilience in children, including what it means, why it is important and how it benefits children. There are six important life skills that help children manage emotions and this workshop provides strategies for how parents can promote these skills.
- ✔ **Triple P: Fear-Less - Supporting Children with Anxiety (6-14 years)**
Tuesday 1 September, 7pm - 9.30pm
Everyone feels anxious at times, even children and teenagers. But anxiety can 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.
- ✔ **Starting School Successfully (Children starting school)**
Friday 4 September, 9.30am - 10.30am & 1.30pm - 2.30pm
Learn strategies that are helpful for children starting school in the next school year. Topics include supporting independence, learning to use the toilet and separation.
- ✔ **Building Skills for School Success (Children in their first year)**
Friday 18 September, 9.30am - 11.30am & 1.30pm - 2.30pm
This workshop provides a range of strategies that are helpful for families and children in their first year of school. Topics include tricky social skills such as sharing and losing and supporting academic learning.



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