



# Free Online Parenting Workshops

- ✔ **Starting School Successfully**  
**Tuesday 15th October • 8pm-10pm** *Repeat Session Thurs 17th 9.30am-11.30am*  
This session will cover talking to your child about starting school, preparing over the summer holidays, toileting, teaching independent dressing and routines, the first day and learning to separate from caregivers.
- ✔ **Power of Positive Parenting (0-12 years old)**  
**Wednesday 23rd October • 8pm-10pm** • *Repeat Session Fri 25th 9.30am-11.30am*  
This seminar will discuss children's behaviours, how to create a safe, interesting and positive learning environment, how to use assertive discipline and taking care of yourself as a parent.
- ✔ **Making & Keeping Friends (10-16 years old)**  
**Tuesday 29th October • 7pm-9pm** • *Repeat Session Fri 1st Nov 9.30am-11.30am*  
This session provides suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
- ✔ **Learning to Use the Toilet (toddlers & preschoolers)**  
**Tuesday 5th November • 8pm-10pm** • *Repeat Session Thurs 7th 9.30am-11.30am*  
Teaching your child to use the toilet can be challenging. This workshop provides tips on knowing when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to toilet training.
- ✔ **Promoting Digital Wellbeing (10-16 years old)**  
**Tuesday 12th November • 7pm-9pm** • *Repeat Session Thurs 14th 9.30am-11.30am*  
Knowing how to monitor and manage your child's use of technology is challenging for many parents. This workshop will help you to set rules and appropriate limits to encourage responsible, safe use of online platforms, smart phones and other devices.
- ✔ **Learning to Separate (toddlers & preschoolers)**  
**Tuesday 19th November • 8pm-9.30pm** • *Repeat Session Thurs 21st 9.30am-11.00am*  
Shyness around new people and anxiety about separation from parents is common in toddlers and preschoolers. This session will help you to teach your child to separate from you calmly into the care of another trusted adult/caregiver.
- ✔ **Doing Well in High School (12 years old)**  
**Tuesday 26th November • 7pm-9pm** • *Repeat Session Fri 29th 9.30am-11.30am*  
Learn how to teach your child key skills as they transition into high school; problem-solving, developing self-discipline, getting involved in activities, study habits, attendance and more.
- ✔ **Starting School Successfully**  
**Tuesday 3rd December • 8pm-10pm** • *Repeat Session Thurs 5th 9.30am-11.30am*



Scan the QR code or visit <https://forms.office.com/r/GyQwUQMmEN> to register.

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