



The Parenting Place

Child and Family Counselling  
Service



Health

South Eastern Sydney  
Local Health Network

# FREE VIRTUAL PARENT SESSIONS

## Term 4 2024

Community Health at Caringbah is offering free practical information and tips to parents of young children.

ALL ENQUIRIES & BOOKINGS GO TO: <https://www.trybooking.com/eventlist/parentinggroups>

### Understanding the behaviour of your 2-5 year old child (ages 2-5)

This 2 part workshop looks at some of the reasons why children under five present with behavioural issues.

We discuss useful positive parenting strategies and consider how a parent can take care of themselves in the process.

**PART 1** Thurs 31<sup>st</sup> October 1-2.30pm **AND**  
**PART 2** Thurs 7<sup>th</sup> November 1-2.30pm



### Toilet Training (ages 1-5)

At these sessions we discuss 'ideal' toilet training as well as do some troubleshooting for those that have already encountered problems.

Tuesday 26<sup>th</sup> November 1pm-2.30pm

### Anxiety In Preschoolers (ages 2-5)

Is your child having difficulty separating from you or facing new situations? This session looks at what is normal anxiety in a young child and when anxiety is a problem that needs to be addressed. We will give parents practical tools to assist their child in managing these strong emotions.

Tuesday 22<sup>nd</sup> October 1-2.30pm

### Fussy Eaters (ages 1-5)

We discuss why young children become fussy eaters and positive parenting strategies to manage them. This is a great workshop if your child is under two, as you may learn some preventative techniques to avoid problems occurring.

Monday 18<sup>th</sup> November 1-2.30pm

### Stress Management for Parents of Young Children (ages 1-5)

Parents are often told to "keep calm" as they parent their young children. But no one talks about how you actually do this, especially amidst the chaos and stress of busy lives. In this 2 week talk we discuss practical strategies for managing this stress and point you in the direction of how to get further help.

**PART 1** Tues 5<sup>th</sup> November 1-2.30pm **AND**  
**PART 2** Tues 12<sup>th</sup> November 1-2.30pm





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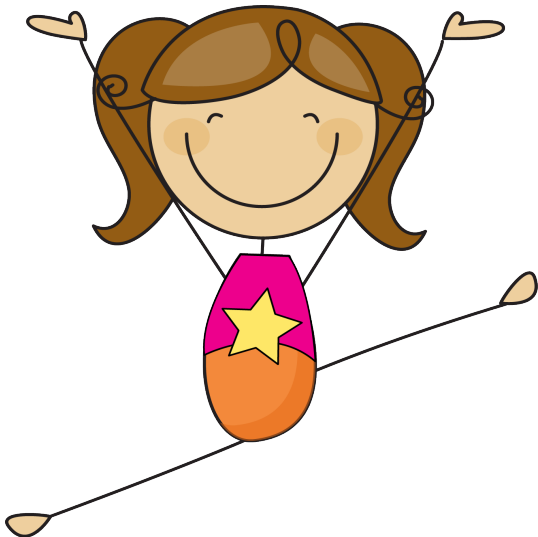
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### Preparing Your Child for a New Sibling (ages 1-5)

The arrival of a new baby in the family is a significant adjustment for all, but especially your toddler/preschooler. We will discuss practical strategies to help them cope with the changes.

Tues 10<sup>th</sup> December 1pm-2.30pm



### Preparing a Child Emotionally for School

In this session we consider how parents can support and prepare their children emotionally to face this significant milestone of transitioning to school.

Thurs 21<sup>st</sup> November 1-2.30pm

### Sleep Support for Children (ages 1-5 years)

In this talk we will look at what normal sleep looks like in childhood followed by the types of problems that are common in this age group. Most of the session will be spent on discussing a variety of strategies that parents can use to manage sleep problems.

Monday 21<sup>st</sup> October 1-2.30pm

### Dealing with Defiance (ages 2-5) When good children do bad things

There are times when parenting can be complex, demanding and exhausting. This 2 week talk looks at the tricky challenges of parenting when your child always says NO. It offers practical advice on how to help children that might hit or hurt you, themselves, or others. Finding ways to let our children feel safe and understood allows parents to re-establish the hierarchy at home.

**PART 1** Wednesday 27<sup>th</sup> November 1-2.30pm  
**AND**  
**PART 2** Wednesday 4<sup>th</sup> December 1-2.30pm

### Understanding Your 1-2 year old (ages 1-2)

We look at the wonderful but often challenging changes that occur in the second year of life and how to manage it.

Monday 2<sup>nd</sup> December 1-2.30pm