



FREE PARENT TRAINING 2019

Community Health at Caringbah is offering practical information and tips to parents of young children living in the Sutherland Shire and St George areas:

- Toddler Behaviour and Emotional Wellbeing (1-5 years)
- Eating and Toilet Training (1-5 years)
- Anxiety in Preschoolers
- Stress Management for Parents of Young Children

Bookings are essential at all sessions. Phone 9522 1000. Regrettably no childcare is available. Please make your own arrangements.

TODDLER BEHAVIOUR AND EMOTIONAL WELLBEING

Our Toddler Behaviour and Emotional Wellbeing workshops look 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.

Mon 4th February 2019
Fri 10th May 2019
Mon 22nd July 2019
Fri 18th October 2019



FUSSY EATERS? CHILD RESISTING TOILET TRAINING?

Nothing frustrates a parent like a fussy eater or a child who resists toilet training.

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

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.

Mon 11th February 2019
Fri 17th May 2019
Mon 29th July 2019
Fri 25th October 2019

STRESS MANAGEMENT FOR PARENTS OF YOUNG CHILDREN

Parenting a young child can be challenging for so many reasons. It is a chapter of life that is physically and mentally draining, as a parent rides the rollercoaster of sleeplessness, tricky developmental stages and relationship upheavals.

We aim to normalise the challenges associated with parenting during this difficult phase and help parents to develop insight into their own triggers for stress. We will also look at some strategies for easing the load, and what it means to be "good enough".

Mon 25th February 2019
Fri 31st May 2019
Mon 12th August 2019
Fri 8th November 2019

- ALL SESSIONS ARE FREE
- ALL SESSIONS 10.00-12.00pm
- VENUE: CARINGBAH COMMUNITY HEALTH CENTRE (IN THE REAR GROUNDS OF SUTHERLAND HOSPITAL)

----- BOOKINGS ESSENTIAL -----
9522 1000

ANXIETY IN PRESCHOOLERS

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 and strategies to assist their child in managing these strong emotions, and provide information on further resources and courses to assist families.

Mon 18th February 2019
Fri 24th May 2019
Mon 5th August 2019
Fri 1st November 2019