



Parenting Calendar—Term 3, 2019

Up & Coming Programs held at Drummoyne Community Centre unless otherwise stated.
Bookings essential—Phone: 9719 8102 or Email: info@dcc.org.au

Intro to Language & Play*

"Intriguing, encouraging, educational." - Michelle

Introduces language, music, play and learning in line with your baby's age and development. For parents/caregivers and babies up to 12 months.

Date: 12 July to 19 July—2 weeks

Time: Fridays 11am to 12noon

Cost: \$12 DCC membership plus \$5 per session.
Negotiable for hardship.

Circle of Security—Dads Only*

"New tools for engaging with our children." - Cameron

"A great tool for life." - Justin

By request a Circle of Security for Dads only.

50 years of research has shown that children with secure attachment to a primary caregiver have more confidence, compassion, resilience and endurance. The Circle of Security model provides a 'map' for caregivers on how to navigate parenting while juggling other demands.

Benefits for you include:

- Feel less stressed and more competent as a parent
- Understand your child's emotional needs and the 'hidden' message in their behaviour
- Help your child develop the tools and techniques to manage big feelings
- Discover strategies that encourage your child to listen and be more co-operative.

Benefits for your child include:

- Enjoy more happiness and feel less anger with parents
- Turn to parents for help when in trouble
- Have better relationships with siblings
- Trust the people they love.

Date: Saturdays 7, 14 & 21 September—3 weeks

Time: 9:30am to 12:30pm @ Concord Library

Interested?: Ros 9719 8102 or manager@dcc.org.au

Cost: \$12 DCC Membership only. Funded by Resourcing Parents. No childcare available

Groovy Grandparents

An offsite playgroup for grandparents with grandchildren from 18 months to 6 years. Meets on Wednesdays.

Contact Carol on 0430 114 168 or DCC on 9719 8102 if interested in attending with your grandchild.

Intro to Infant Massage*

"I have learnt so much about myself, baby and how we interact together to build a strong relationship." - Rita

Covers babies' body language and unique cues—sight, sound, sensory and settling, plus infant massage. For parents and babies up to 12 months.

Date: 9 August to 30 August—4 weeks

Time: Fridays 11am to 12noon

Cost: \$12 DCC Membership plus \$5 per session.
Negotiable for hardship.

Dads & Babies*

"Recommend to any new dads, its very beneficial. Good tips to help baby relax and sleep, and massage techniques." - Benny

One off workshop for dads who want to get more involved with their babies. How to settle your baby, gain confidence in practical hands on techniques like baby massage and baby yoga. Learn what you can do for your partner that will mean more than chocolates or flowers. This workshop is intended for dads with their babies up to 12 months and expectant dads also welcome.

Date & Time: Saturday 31 August, 2pm to 3:30pm

Cost: \$20. Negotiable for hardship.

Expectant Parents Breakfast

A **free** parenting workshop. Find out about local services, receive an info kit and meet other local expectant parents. Presenters include a Child & Family Health Nurse on early childhood services; a Baby Ambassador and Parent Educator who focuses on 'Getting to Know Your Baby' at a deeper level; and a Childcare worker on choosing care and how to know what's best. Breakfast is facilitated by Peter Kadwell, a Men's & Parent Group Leader.

Date & Time: Sat. 26 Oct or 23 Nov, 9:30am to 12noon

Cost: No charge but bookings essential.

* **Facilitator is Dympna Kennedy**

10 Cometrowe St, Drummoyne
Ph 9719 8102
info@dcc.org.au
www.dcc.org.au

