As part of our commitment to improving services for Stonnington families, Council has developed a series of FREE parenting programs, ‘Grow With Us’. Come along and hear some practical tips and strategies for common parenting issues.

BOOKINGS:
Registering your attendance is essential please book online at www.stonnington.vic.gov.au/events or for more information telephone Council’s Children and Family Services on (03) 8290 3397.

MARCH
LOOKING AFTER YOURSELF IN THE PARENTING ROLE

Tuesday 26 March
7.00pm–9.00pm

PRESENTER:
Kathy Walker

VENUE:
Phoenix Park Community Centre
22 Rob Roy Road, Malvern East

Do you ever feel as a parent that you have lost your identity or your wellbeing is compromised?
This session focuses on the importance of looking after you as an individual, partner and parent. Parenting young children is often exhausting and challenging. It can often feel very isolating or that every other parent is coping well except for you. Practical strategies and ideas are presented to help rebuild a stronger sense of self and to help you replenish yourself. In this session ideas and strategies will be presented about how to seek support, have time alone and indulge yourself, and to enjoy time with others.

APRIL
THE BENEFITS OF PLAY

Tuesday 16 April
7.00pm–9.00pm

PRESENTER:
Louise Dorrat

VENUE:
Phoenix Park Community Centre
22 Rob Roy Road, Malvern East

Did you grow up making mud pies and daisy chains? Did you spend long summer evenings playing hide and seek, knowing you only had to be home when it got dark? A growing body of experts are saying we didn’t know how good we had it!
Our society is becoming increasingly fast paced. As a result, children’s spontaneous play is being replaced with more structured activities. Play is crucial for children, helping them make sense of their social worlds, and learn how to role play and use their imagination.
This session will cover:
• Understanding the benefits of messy play.
• How to get your child away from the screen.
• Do boys play differently to girls?
• How does play assist in getting children ready for school?
One in three people will develop an allergy in their lifetime, many of these during childhood. How do you know your child has an allergy? And what is the best way to manage a reaction?

This session will cover:
- How to recognise an allergy.
- Common allergens/triggers and diagnosis of allergies.
- How to recognise allergy symptoms.
- How to deliver first aid to children experiencing moderate to serious reactions (including appropriate use of auto injectors, such as Epipens or Anapens).

Is your child ready for school? Do they have the maturity to make the most of their learning? Will they enjoy their 13 years of formal schooling? Or will they just 'cope' or play catch up for years?

Some researchers claim that it doesn’t matter whether your child is mature and ready for school – they’ll get the same result in Year 12 regardless. This session debunks the claim that readiness for school is as simple as a score at the end. It is the journey that matters and how you feel about yourself along the way.

This session is perfect for parents thinking about when to start their child at school or preschool, and covers readiness indicators and support strategies for parents.

Are sleepless nights getting the better of you and your child? This session looks at the neurobiology of the infant brain, stress regulation and normal sleep. Learn how to address particular infant behaviours, allowing you to tune into their needs and aid them to self regulate. All with the aim of providing you and your infant with a more settled sleep routine.

The session focuses on children aged up to six months and does not recommend controlled crying.

We live in an ever-changing, fast-paced world. So how can we help young children become more resilient and help them manage life’s inevitable ups and downs? How can we guide children’s behaviour in a positive way rather than just constantly telling them what to do?

This session will identify possible triggers for children’s behaviour and look at practical ideas to encourage cooperative behaviour. It also covers:
- Ideas for building healthy self esteem.
- The benefits of play.
- Skills and strategies for positively guiding challenging behaviours.
GuYS taLK

The City of Stonnington is proud to deliver its popular ‘Guys Talk’ program in 2013 – a series of FREE sessions which explore the various aspects of fatherhood.

Each of the sessions, delivered by experienced relationship counsellor Guy Vicars, focus on the values and experiences of parents, parenting styles, family dynamics, what it’s like being a father and future expectations.

Come along and bring your child.
All sessions are run on Saturdays from 10.30am to 12.30pm.

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Saturday 23 February</td>
<td>Phoenix Park Children’s Hub</td>
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<tr>
<td>Saturday 23 March</td>
<td>Prahran Library</td>
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<td>Saturday 27 April</td>
<td>Phoenix Park Children’s Hub</td>
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<td>Saturday 25 May</td>
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<td>Saturday 29 June</td>
<td>Phoenix Park Children’s Hub</td>
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<td>Saturday 27 July</td>
<td>Prahran Library</td>
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<td>Saturday 31 August</td>
<td>Phoenix Park Children’s Hub</td>
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<tr>
<td>Saturday 26 October</td>
<td>Prahran Library</td>
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<tr>
<td>Saturday 30 November</td>
<td>Phoenix Park Children’s Hub</td>
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Phoenix Park Children’s Hub 25 Quentin Road, Malvern East
Prahran Library 180 Greville Street, Prahran

For more information or to register your attendance visit www.stonnington.vic.gov.au or telephone Maternal and Child Health on (03) 8290 3521.
GROUP TRIPLE P

Group Triple P is an early intervention strategy, to help build on parental skills and confidence in raising children.

Delivered by City of Stonnington Maternal and Child Health Nurses, the program seeks to improve quality of parent-child relationships and to help parents develop effective, practical strategies for managing common behavioural and developmental challenges.

All sessions run from 7.30pm to 9.30pm, and are held at Phoenix Park Neighbourhood House, 74 Bowen Street, Malvern East.

Cost: $90

For more information, or to book, phone (03) 9530 4397.

TERM 1
Tuesdays 5, 12 19, 26 March

TERM 2
Mondays 6, 13, 20, 27 May

TERM 3
Tuesdays 23, 30 July
6, 13 August

TERM 4
Mondays 21, 28 October
11, 18 November

Parents CPR classes are available every month. $21 per person.
For more information or to book, phone (03) 8290 1333.