

Mercy Health O'Connell Family Centre

Parenting the 2-4 year old Making Parenting Easier Workshops

April to June 2010

Session 1- Nurturing the relationship with your child & building their self esteem

Explore language, cues & ways to assist building self respect & esteem in your young child.

Dates:	Saturday	17 th April	1 – 3.30 pm
	Friday	4 th June	9.30 – 12md

Session 2- Understanding anger in yourself & your child

Learn about anger as a thought and a feeling and the consequences for you & your child.

Dates:	Friday	30 th April	9.30 – 12md
	Saturday	19 th June	9.30 – 12md

Session 3- Promoting positive behaviour in the 2-4year old

Enhance your knowledge about toddler behaviour and examine ways of making parenting more rewarding.

Dates:	Friday	30 th April	1 – 3.30pm
	Saturday	19 th June	1 – 3.30pm

Session 4- Dads of Toddlers

A dads only session exploring and promoting the unique relationship between you and your toddler. Includes practical parenting tips.

Dates:	Saturday	17 th April	9.30 – 12md
	Saturday	19 th June	1-3.30pm

Session 5- Sleep patterns & settling techniques

Assist your toddler develop appropriate self-settling sleeping patterns

Dates:	Saturday	17 th April	9.30 – 12 md
	Friday	4 th June	1 – 3.30 pm

Session 6 – Toddlers & toilets

Build your knowledge & confidence in understanding your toddler's toileting challenge

Dates:	Saturday	17 th April	1.30 – 3.30 pm
	Friday	4 th June	10 – 12md

Cost per family (including workbook);

1 session	= \$45	(\$ 20 for concession card holders)
4 or more sessions	= \$120	(\$ 80 for concession card holders)

***Book early to avoid disappointment as limited availability
Please note that there are no child care facilities***

Let us support you, support your family!

Location of sessions - 6 Mont Albert Rd Canterbury 3126

To register call - 8416 7600 or

Email ofc_reception@mercy.com.au

www.mercy.com.au



Mercy Health

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