

# Mercy Health O'Connell Family Centre

## Parenting the 2-4 year old

### Making Parenting Easier Workshops

August to October 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 9<sup>th</sup> October 1 -330 pm

#### **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: Saturday 9<sup>th</sup> October 930-12md

#### **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 20<sup>th</sup> August 930-12md  
Saturday 11<sup>th</sup> September 930-12md

#### **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 11<sup>th</sup> September 930-12md

#### **Session 5- Sleep patterns & settling techniques**

Assist your toddler develop appropriate self-settling sleeping patterns

Dates: Friday 20<sup>th</sup> August 1-330pm  
Saturday 9<sup>th</sup> October 930-12md

#### **Session 6 – Toddlers & toilets**

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

Dates: Saturday 9<sup>th</sup> October 1 -3 pm

#### **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***

Location of sessions - 6 Mont Albert Rd Canterbury 3126

To register call - 8416 7600 or

Email [ofc\\_reception@mercy.com.au](mailto:ofc_reception@mercy.com.au)

[www.mercy.com.au](http://www.mercy.com.au)



Mercy Health

Care first