

## **Fine-tuning behaviour management in young children**

**Thursday 9 August, 7.30pm to 9.00pm**

Dr Rick Jarman will look at common and challenging behaviours in young children that pushes parents to their limits. This session will explore the reasons behind these behaviours and offer parents strategies to restore calm.

COST: Free

## **Sexuality and respectful relationships**

**Tuesday 4 September, 7.30pm to 9.00pm**

In partnership with the YMCA Manningham Youth Services, Dr Maria Pallotta-Chiarolli will present sexuality and the need for healthy and respectful relationships. A panel of experts will provide parents the tools on how to approach this topic with young people.

COST: Free

## **Careers Expo – Skills 4 the Future**

**Wednesday 17 October, 1.00pm to 5.00pm**

Today's changing employment market is making it harder for young people to obtain a meaningful career. Presenters and exhibitors are on hand to help prepare them to be more competitive.

COST: Free

## **The importance of childhood and play**

**Thursday 15 November, 7.30pm to 9.00pm**

This presentation highlights the richness of play and how learning, life skills and self-esteem are all promoted through encouraging and allowing children to play.

COST: \$10 per person/\$5 concession

## **Resilient young people**

**Wednesday 20 March 2019, 7.30pm to 9.00pm**

With youth mental wellbeing on the rise, it's important to understand how to enhance your teen's ability to deal with the pressures of everyday life. This session will highlight the tools and techniques every parent needs to know.

COST: Free

## **School readiness**

**Tuesday 30 April 2019, 7.30pm to 9.00pm**

How do you know when your child is ready? This session considers the importance of sending your child to school when they have the maturity to make the most out of their learning rather than just 'cope' or play catch up for years.

COST: Free

**Further information call Council's Social and Community Services team on 9840 9315 or visit [manningham.vic.gov.au/parenting-seminar-series](http://manningham.vic.gov.au/parenting-seminar-series)**

# **PARENTING SEMINAR SERIES**

## 2018/2019



**Our parenting seminar series takes the hard work out of managing difficult situations and helps parents be well informed and involved with their children's lives.**

Over the next 12 months, we have partnered with some of Australia's most acclaimed professionals to help you feel empowered by developing strategies and techniques to create positive change.

All parents, grandparents and guardians interested in developing the emotional and social competencies of their children are encouraged to register for one or all of these sessions.

This series is a partnership between Council and the Manningham Youth Alliance and is a key objective of Council's Healthy City Strategy 2017/2021.

For more information visit: [manningham.vic.gov.au/manninghams-healthy-city-strategy](http://manningham.vic.gov.au/manninghams-healthy-city-strategy).

**All sessions are held at Manningham Council, Function Centre, 699 Doncaster Road, Doncaster.**

**Bookings and registrations are essential for all sessions and must be made prior by visiting: [manningham.vic.gov.au/parenting-seminar-series](http://manningham.vic.gov.au/parenting-seminar-series)**

**Raising happy and resilient children**

**Tuesday 8 May, 7.30pm to 9.00pm**

Launching our parenting series is one of Australia's most renowned adolescent and child psychologists, Dr Michael Carr-Gregg.

An author and broadcast specialist in parenting, children and adolescents, Dr Carr-Gregg will explore the ten most important things you should tell your children to build happiness and resilience.

Dr Carr-Gregg said the journey from childhood to young adulthood had become much harder to navigate.

"When identity and sense of self is at its most fragile, young people today face more potential rejection thanks to the pressure of social media," he said. "Parents need the skills, knowledge and strategies to help promote resilience in our children."

COST: \$20 per person/\$10 concession (ticket costs subsidised by Manningham Council).



**Raising Boys**

**Wednesday 18 July, 7.30pm to 9.00pm**

A psychologist and one of the world's best known parent educators, Steve Biddulph explores how to raise boys to be safe, kind and confident. In this seminar, Steve explores the three stages of boyhood, the importance of fathers and what you can do if you're a single mum, boys and housework and more.

COST: \$35/\$20 concession

BOOKINGS: [trybooking.com/UCFY](http://trybooking.com/UCFY)

**Raising Girls**

**Thursday 19 July, 7.30pm to 9.00pm**

Best-selling author with books in more than four million homes and translated in 31 languages, Steve Biddulph discusses raising girls and how you can help guide them to become wise, happy and confident. A powerful, practical and moving talk that covers girls of all ages and stories you will never forget.

COST: \$35/\$20 concession

BOOKINGS: [trybooking.com/UCGD](http://trybooking.com/UCGD)

**Please note - We regret babies and children cannot be admitted to these sessions**

Steve was made a Member of the Order of Australia for his work in young people's mental health. Steve's live talks are funny, powerful, practical and always sell out. Get your tickets now.