



FURTHER INFORMATION AND HOW TO REGISTER

- Time:** Registration for all sessions starts at **7pm** with presentations beginning at 7.30pm and finishing by 9.30pm. Exception: the special event on 31 May begins 10am.
- Location:** **Whitehorse Centre**
379-397 Whitehorse Road, Nunawading.
- Cost:** Council delivers our forums at a low cost to families, only a **\$2 donation** per person on the night. This donation goes back to the Whitehorse community when we make an annual financial contribution to local child, youth or family organisation/s to support their services.
- Registration:** It is essential that parents, grandparents and carers register through our online booking system, which will open approximately four weeks prior to the forum date.
www.whitehorse.vic.gov.au/Parenting-Information-Forum-Program.html

If forums reach capacity, a waiting list will be activated.

To request additional access support including interpreting please contact Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au

Bring notepad and pen to take notes.

Please note we are unable to accommodate children in these forums, unless otherwise specified.

TO BOOK, visit www.whitehorse.vic.gov.au/Parenting-Information-Forum-Program.html



ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, Whitehorse City Council acknowledges the Wurundjeri people as the traditional custodians of the land. We pay our respects to their Elders past and present.

CONTACTING COUNCIL

- Postal Address:** Whitehorse City Council
Locked Bag 2
Nunawading Delivery Centre 3131
- Telephone:** 9262 6333
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(Service for deaf or hearing impaired people)
- TIS:** 131 450
(Telephone Interpreter Service. Call and ask to be connected to Whitehorse City Council)
- Email:** customer.service@whitehorse.vic.gov.au
Website: whitehorse.vic.gov.au
- Service Centres:**
- Whitehorse Civic Centre**
379-397 Whitehorse Road
Nunawading 3131
 - Box Hill Town Hall Service Centre**
Box Hill Town Hall
1022 Whitehorse Road
Box Hill 3128
 - Forest Hill Service Centre**
Shop 275, Forest Hill Chase Shopping Centre
Canterbury Road
Forest Hill 3131

MORE INFORMATION

www.whitehorse.vic.gov.au/Parenting-Information-Forum-Program.html
9262 6175
parentresource@whitehorse.vic.gov.au

The information in this brochure is subject to change.

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PARENTING INFORMATION FORUM PROGRAM



Supporting Parents,
Grandparents and Carers

2019

PARENTING INFORMATION FORUMS

The Parenting Information Forum program delivers information on a range of topics for parents, grandparents and carers of children and adolescents.

Whitehorse City Council's Health and Family Services Department invites a range of guest speakers to reflect the diverse range of parenting approaches that individuals, communities and cultures may hold within Whitehorse.

The program achieves great outcomes for families, children and young people and reflects Council's belief that effective parenting matters to a child's lifelong development and overall wellbeing.

Transition into Education

Louise Dorrat
Early Childhood Consultant

Wednesday 20 March

Is my child old enough for kinder or school? Should I wait another year? Why do I have to think about this when it is only March? Why do I need to go on tours? Why can't my child just attend the kinder or school on the corner? What do I need to do to prepare? What does readiness mean anyway?

This session will explore these questions and discuss the importance of social and emotional maturity. Practical strategies, including the importance of play and developing resilience will be discussed so you can prepare your child for a smooth and positive transition into the education system.

Age range: 2–6 years



How Do I Talk To My Children about Drugs and Alcohol?

Horace Wansborough
YSAS (Youth Support & Advocacy Service)

Tuesday 16 April

Best practice in drug education recommends parents are involved and informed, and have opportunities to ask their own questions. This forum allows young people to be alongside their parents, sharing developmentally-appropriate, factual information about prevention, harm reduction and safe choices.

Age range: 14–18 years (teens welcome to attend with parent/carer)

Effects of Online Gaming on our Children and Youth

Steven Dupon
Institute of Games

Tuesday 14 May

The online world offers both opportunities and risks to children and young people. What are the parenting strategies that simultaneously optimise the online opportunities for children while minimising online risks?

Learn about parenting strategies to balance screen time in the family home and when to seek professional help. We'll talk about violence and other inappropriate content for children, online gambling and how to create positive gaming experiences.

Age range: 8–18 years

Sustainable Parenting: Top Tips from a Waste Free Family

Erin Rhoads,
Rogue Ginger

Friday 31 May 10am-11.30am

Join Erin Rhoads, the popular eco blogger 'The Rogue Ginger', for a fun and lively discussion on how to parent without so much waste, and save money in the process.

Morning tea will be provided and babies on laps welcome.

Burgess Family Centre, 15 Barwon St Box Hill South



Special Event

Understanding and Responding to Children's Behaviour

Angela McGann
Early Life Foundation

Tuesday 18 June

Do you feel like you just don't know what to do next in your parenting or wonder why your children behave the way they do?

Angela will provide an overview of some of the reasons why children behave the way they do and give practical strategies for parents to support their children and guide their behaviours in appropriate ways.

Age range: 0–10 years

Sexuality and Respectful Relationships

Dr Maria Pallotta-Chiarolli
Deakin University Researcher and member of the Victoria Police LGBTI and Multicultural Priorities Communities Divisions Groups

Monday 29 July

Dr Maria Pallotta-Chiarolli will address issues relating to sexuality and respectful relationships relevant to both parents and young people. She will also provide strategies on how to have healthy parent-child conversations about sexuality and respectful relationships.

Age range: 12–18 years (teens welcome to attend with parent/carer)

Emotionally Intelligent Parenting

Joanie Bartolo
Emotion Wise

Tuesday 6 August

Joanie will share the five steps of *emotion coaching*, which help parents recognise, understand and respond to children's emotions in an accepting and supportive way. This approach helps children understand and manage their emotions and use emotional awareness to guide them when solving problems, dealing with frustration and regulating feelings.

The ideas and techniques discussed in this forum are useful for parents and carers of children of all ages, but are especially suited to parents of pre-schoolers and young primary school children.

Age range: 0–12 years

Parenting Anxious Children

Michelle Graeber
Anxiety Recovery Centre Victoria

Thursday 12 September

This session will provide parents and carers with an understanding of anxiety and normal childhood development. Learn about the signs and symptoms to be aware of, different types of anxiety, strategies and methods to support your children, and information about where to go for further help, support and information.

Age range: School age children



Body Confident Children and Teens

Butterfly Foundation

Tuesday 8 October

With so many confusing messages around weight, food and health and with many adults struggling with their own body esteem, it can be difficult for parents to know how to support their child as they move through adolescence.

Join the Butterfly Foundation for a relaxed and informative forum for carers of primary and secondary age children to gain knowledge, information and tips to help better understand and promote positive body image in the home.

Age range: 5–18 years

