



BIG FEELINGS

PARENTING WORKSHOP

Learn play & connection techniques and how releasing emotions through tears & tantrums creates calmer, cooperative behaviour in children, helps them sleep better & helps parents to find more ease & understanding.



Free crèche is provided but spaces are limited.
Registration is required for each individual registered and their child.



Are you a parent or caregiver of a 1-5 year old?

Want to know more about their feelings & emotions?

Come and hear how to help your toddler thrive by:

- building a strong connection
- help them with managing big feelings
- See feelings through their eyes
- guiding to support them through

Monday 23rd November 1-2:30pm

Hackham West Children's Centre Unit @ Hackham West R-7 School on
Glynville Drive

For registration, crèche, car-parking & more please call us on
8382 6161