



Parenting and Family Support Program's

My Child and Me

Connecting, Understanding, Guiding.... Everyday parenting

My Child and Me is a FREE workshop that helps you as parents and carers build an understanding of your child and their healthy development.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their parenting solutions.

Topics to support your parenting include:

- Brain and child development
- Understanding behaviour
- Parenting Styles
- Positive approaches to guiding children's behaviour

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments and creche provided. (Bookings essential)

Where: Hackham West Children's Centre Unit
(Located in Hackham West R-7 School, 50 Glynnville Drive)

When: Tuesday 14th and 21st of September

Time: 9.30am – 12.30pm

To book: Contact Belinda on 0438 862 295 or call 8382 6161

Everyone is welcome, however bookings are essential

* Please arrive 10 minutes earlier to register *

Delivered by the Department of Human Services

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