



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 own parenting situations.

Topics to support your parenting include:

- Brain & 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 crèche provided. (Bookings essential)

Where: O'Sullivan Beach Children's Centre
When: Part 1 – Wednesday, August 4th
Part 2 – Wednesday, August 11th
Time: 12:30 – 2:30 pm
To book: 8382 2850

Everyone is welcome, however bookings are essential

* Please arrive 10 minutes early to register *

Delivered by the Department of Human Services
Parenting and Family Support Team