



## 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 – Thursday, November 19th  
Part 2 – Thursday, November 26th  
**Time:** 9:30 – 11:30 am  
**To book:** Jo Renshaw, 0429 269 320

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