

# DAD'S TOOL KIT

Dad's Toolkit is a low cost 4 week program designed specifically for fathers and male caregivers of children aged between birth -18 years of age. It provides evidence based parenting strategies to help support and enhance parenting skills, confidence and child behaviour. This will also be an opportunity for dads to share their experiences of fatherhood while developing their toolkit of resources to support them in their roles as fathers. This program helps to bring together willing men and to encourage and support them to build upon creating a better place for themselves, their partners and children.



## **THIS PROGRAM IS USEFUL FOR FATHERS WHO WANT TO:**

- Increase parental self confidence
- Strengthen their bond with their children and ability to tune into their children
- Take home materials and suggestions and practical strategies to try at home
- Learn to look after themselves
- Develop a healthy parenting style
- Learn to manage common challenging child behaviours at home and outside, such as tantrums, school/bed routine struggles, non compliance, sibling conflict and aggression

4 Sessions

Wednesdays 6:30pm – 8:30pm

13 November - 4 December, 2019

Cost: \$25

BOOKINGS ESSENTIAL

please email [doncare@doncare.org.au](mailto:doncare@doncare.org.au) or call 9856 1500

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