

PARENTING CALENDAR

Term 4, 2020

BCYF is a leading not for profit community service organisation supporting children, young people and families, to be safe, connected and empowered to live well.



BCYF Group Work Programs



BUMPS TO BUBS

Pre-birth - 12mths

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0-1 year, together to support the journey of parenting.

The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting.
- Enhance parent and child attachment.
- Increase understanding of child development.



BUBS TO TOTS

12mths - 2yrs

Bubs to Tots brings mothers of children in the 1-2 year age group together for support and education.

The program aims to:

- Provide education to enhance children's early development.
- Promote parent and child attachment/relationships through the promotion of play.
- Assist parents with managing and enjoying the toddler years.



CIRCLE OF SECURITY

Birth - 5yrs

Circle of Security is an 8 week supportive program for parents of children aged birth - 5 years.

The program aims to:

- Help parents understand how to build feelings of security for children in their early years.
- Assist parents with skills to build on the positive relationship with their child.
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.



BRINGING UP GREAT KIDS

12mths - 12yrs

Bringing Up Great Kids is a 6 week supportive program for parents of children aged 12 months - 12 years.

The program aims to:

- Develop parents skills to enhance communication with their children.
- Promote positive interactions between parents and their children.
- Encourage the development of children's positive self-identity.



TUNING IN TO KIDS

3yrs - 12yrs

Tuning in to Kids is a 6 week supportive program for parents of children aged 3 years - 12 years.

The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.



DADS TUNING IN TO KIDS

3yrs - 12yrs

Dads Tuning in to Kids is a 6 week supportive program specifically for Dads of children aged 3 years - 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions.
- Encourage dads to strengthen their emotional connection with their child
- Support dads to build skills in emotion coaching to assist their child's individual needs.



TUNING IN TO TEENS

10yrs - 18yrs

Tuning in to Teens is a 6 week supportive program for parents of adolescents aged 10 years to 18 years.

The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.



STRENGTHENING FAMILY CONNECTIONS

8yrs - 12yrs

Strengthening Family Connections is an 8 week program for parents and their children aged 8 years - 12 years.

The program aims to:

- Build a positive culture and improve communication among family members.
- Help develop successful, confident children and parents.
- Build skills in all family members to improve family functioning.



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BCYF
barwon child, youth & family

GROUP	VENUE	DATES	DAYS/TIMES
 BUMPS TO BUBS	Online Zoom Group	6 Oct - 8 Dec	Tuesday 1.30pm - 2.30pm
 BUBS TO TOTS	Online Zoom Group	Program FULL	Program FULL
 BRINGING UP GREAT KIDS	Online Zoom Group	13 Oct - 17 Nov	Tuesday 10.30am - 12.30pm
 TUNING IN TO KIDS	Online Zoom Group	14 Oct - 18 Nov	Wednesday 10.30am - 12.30pm
 DADS TUNING IN TO KIDS	Online Zoom Group	14 Oct - 18 Nov	Wednesday 10.30am - 12.30pm
 TUNING IN TO TEENS	Online Zoom Group	15 Oct - 19 Nov	Thursday 10.30am - 12.30pm
	Online Zoom Group	20 Oct - 24 Nov	Tuesday 10.30am - 12.30pm