



thenortherncentre  
care. connect. grow. our community

term one 2018



## parenting program timetable

### Tuning in to Kids

#### English

20 February until 27 March  
Tuesdays: 6:00pm to 8:00pm

#### Korean

28 February until 4 April  
Wednesdays: 10:00am to 12:00pm  
Limited childcare available

### Tuning in to Teens

#### English

15 February until 15 March  
Thursdays: 10:00am to 12:00pm

#### Korean

21 February until 21 March  
Wednesdays: 6:00pm to 8:00pm

### 123 Magic

#### English

27 February until 13 March  
Tuesdays: 10:00am to 12:00pm  
Limited childcare available

#### English

7 February until 21 February  
Wednesdays: 10:00am to 12:00pm  
Limited childcare available

### Triple P

#### English

12 February until 5 March  
Mondays: 10:00am to 12:00pm  
Limited childcare available

### Toddlers – Terrible or Terrific

#### Mandarin

12 March until 26 March  
Mondays: 10:00am to 12:00pm  
Limited childcare available

View further program  
details over page.

Programs are held at The Northern Centre, 3-5 Anthony Road, West Ryde

Bookings are essential: [events@thenortherncentre.org.au](mailto:events@thenortherncentre.org.au)

# parenting program overview

## Tuning in to Kids

6 week program for parents of 4 to 12 year olds

Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

## Tuning in to Teens

6 week program for parents of 10 to 18 years olds

Aims to help parents and their adolescent manage the many emotional challenges of this stage of life. By learning these skills, parents are less likely to have as much conflict within their family and their teen is more likely to talk to them about the challenging issues they face.

## 123 Magic

3 week program for parents of 4 to 12 year olds

Helps teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

## Triple P

4 week program, plus 2 phone calls for parents of up to 10 year olds

Triple P is designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing.

## Toddlers – Terrible or Terrific

3 week program for parents of 1 to 3 year olds

These workshops will help you to understand your toddler's world and see things through their eyes.

Workshop 1: Understanding Your Toddler / Discipline & Tantrums

Workshop 2: Tucker without Tantrums / Toilet Training

Workshop 3: Speech & Language Development / Sleep