



the northern centre
care. connect. grow. our community

term two 2018



parenting program timetable

Circle of Security

English

8 May until 26 June
Tuesdays: 10:00am to 12:00pm
Limited childcare available

Tuning in to Kids

Korean

30 May until 4 July
Wednesdays: 10:00am to 12:00pm
Limited childcare available

Triple P

English

16 May until 13 June + phone call 20 June
Wednesdays: 6:00pm to 8:00pm

Toddlers – Terrible or Terrific

Mandarin

14 May until 28 May
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



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parenting program overview

Circle of Security

8 week program for parents of 0 – 5 year olds

Circle of Security is a highly successful 8 week evidenced based program that focusses on how you can strengthen your relationship with your children through understanding and responding to your children's needs and behaviours.

Circle of Security is a relationship based, early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

For further information, see www.circleofsecurity.net.

Tuning in to Kids

5 week program for parents of 4 to 9 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.

Triple P

5 week program plus 1 phone call, 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