



the northern centre  
care. connect. grow. our community

terms 3&4 2018



## parenting program timetable

<b>Circle of Security</b>	<b>English</b> 23 October until 11 December	Tuesdays: 10:00am to 12:00pm Limited childcare available
<b>Tuning in to Teens</b>	<b>English</b> 30 July until 27 August	Mondays: 6:00pm to 8:00pm
<b>Tuning in to Kids</b>	<b>Korean</b> 15 August until 19 September Wednesdays: 10:00am to 12:00pm	<b>English</b> 17 October until 21 November Wednesdays: 10:00am to 12:00pm Limited childcare available
<b>Toddlers – Terrible or Terrific</b>	<b>English</b> 25 July until 8 August	Wednesdays: 10:00am to 12:00pm Limited childcare available
<b>123 Magic</b>	<b>Facilitated by Mabel Chow</b> 6 August until 20 August Mondays: 10:00am to 12:00pm Limited childcare available	<b>English</b> 4 September until 18 September Tuesdays: 10:00am to 12:00pm Limited childcare available

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

View further program  
details over page.

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



the northern centre  
care. connect. grow. our community

# 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.

For further information, see [www.circleofsecurity.net](http://www.circleofsecurity.net).

## Tuning in to Teens

5 week program for parents of 11 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.

## Tuning in to Kids

6 week program for parents of 4 to 10 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.

## 123 Magic

3 week program for parents of 3 to 6 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.

## 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