



the northern centre
care. connect. grow. our community

2019 terms 1-2



parenting program timetable

Tuning in to Kids

Korean

13 February until 20 March
Wednesdays: 10:00am to 12:00pm
Limited childcare available

Tuning in to Kids Together – English

5 February until 26 March
Tuesdays: 6:00pm to 8:00pm
Limited childcare available

Triple P

Mandarin

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

Triple P Seminar Series – English

15 June until 29 June
Tuesdays: 10:00am to 12:00pm

123 Magic

English

19 March until 2 April
Tuesdays: 9:30am to 12:00pm
Limited childcare available

English

23 March until 6 April
Saturdays: 1:00pm to 3:00pm
Limited childcare available

Circle of Security

English

7 May until 25 June

Tuesdays: 10:00am to 12:00pm
Limited childcare available

Tuning in to Teens

Korean

7 May until 11 June

Tuesdays: 6:30pm to 8:30pm

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

View further program
details over page.

[Click here to register your interest](#)

parenting program overview

Circle of Security

8 week program for parents of 0 to 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.

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.

Tuning in to Kids Together

8 week program for **both** parents of 4 to 10 year olds

Parents are invited to participate in parenting program research, which is being run as part of a PhD project. Learn about children's brain development and emotions; gain skills to assist with their difficult feelings; help reduce challenging behaviours; and strategies to stay calm.

123 Magic

3 week program for parents of 3 to 8 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

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.