



the northern centre
care. connect. grow. our community

2019 terms 3-4



parenting program timetable

Tuning in to Kids

English

31 July to 4 September
Wednesdays: 10:00am to 12:00pm
Limited childcare available

Korean

30 October to 4 December
Wednesdays: 10:00am to 12:00pm
Limited childcare available

Circle of Security

Mandarin

6 August to 10 September
Tuesdays:
10:00am to 12:00pm
Limited childcare available

English

22 October to 10 December
Tuesdays:
10:00am to 12:00pm
Limited childcare available

English

26 October to 14 December
Saturdays:
10:00am to 12:00pm
Limited childcare available

123 Magic

English

11 September to 25 September

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

Tuning in to Teens

English

24 October to 28 November

Thursdays: 10:00am to 12:00pm
No childcare available

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

View further program
details over page.

[Click Here 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.

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.