

Date: 13 March 2020 (Week 7)

What's on this week at Culture Drop?

A guest speaker is visiting us to help you understand **The Childcare System in Australia**. Please feel free to bring any questions.

- What options are available for childcare?
- What will help their child settle?
- What will happen when their child starts?
- How long some waiting lists may be for some families?
- How they will know if the service is good quality?



Toddler not eating? Ideas and tips?

Have you ever worried whether my toddler is eating enough healthy food? Or, why my toddler is fussy about what he/she eats and to refuse to eat at all. For ideas and tips, click [here](#).

- Appetite ups and downs: how to handle them?
- Trying new foods: any tips?
- Signs my child might need help with food and eating?



I never knew I had a temper until I had kids

We all know YELLING is not effective parenting. Yelling doesn't get our point across, nor does it make us feel better – it actually makes us feel worse. Do you agree?

When are you likely to yell at your kids?

Were you tired, feeling lonely or sad? Was it your emotions doing the yelling?

[Here](#) are some tips and resources on how to deal with ANGER.

HOW TO STOP BEING SO ANGRY ALL THE TIME



What's on in your community?

Parramasala 2020

Get ready to enjoy an explosion of colour and culture at Parramasala's 10th Birthday celebrations. The welcome parade is a MUST SEE! Parramasala Top 5 Pics, click [here](#).

- Date: 13 – 15 March 2020
- Time: 11am - 11pm Daily
- Venue: Prince Alfred Square (353D Church St. Parramatta)

