



2019 PARENTING INFORMATION & DISCUSSION GROUP TOPICS

- **27 February:** **Rules & Responsibilities**— *Building rules at home—why? Are rules relevant today? Does having rules squash the free spirit of children?*
- **27 March:** **How to Build Better Behaviours in Children**—*Is it a case that some children are ‘spirited’ and that’s that, and there’s not much you can do? Or, is there an ‘art’ to build the behaviours you want?*
- **29 May:** **‘Art’ of Managing Tricky Behaviours & Slowly Extinguishing Tantrums**—*Is there was a way to manage the kids so you never need to threaten, nag or lose it? And, is there a way to phase-out tantruming behaviours in children?*
- **26 June:** **Sibling Rivalry** —*Why do they fight so much? Why does it get to me? Is it normal? When does ‘sibling rivalry’ become ‘sibling abuse’? What can I do to steer their fighting in more positive directions?*
- **31 July:** **“Get OFF that Computer, now!”**— *Savvy ideas to balance the use of screens because it’s a huge issue in many families. What’s the difference between being a ‘screen Nazi’ and helping kids to manage screen time? How do you do it?*
- **28 August:** **“Mum, I’m bored; I’m sad; I hate you; I’m upset”**— *Are these feelings okay? Are they normal? How do you deal with them? Are there emotionally healthier approaches worth considering? How do you teach ‘emotional flexibility’ and ‘going with the flow’*
- **25 September:** **Navigating the Morning Rush or Evening Mayhem**— *Simple, effective ideas to organise your way to a better morning routine. Do you believe there’s a better way to do it? I do! Let’s work on it together.*
- **30 October:** **Mealtime Madness**— *Ideas to improve mealtime connections. Is dinner all about eating the food? What may be far more important?*
- **27 November:** **Friendships**—*How important are my child’s friendships? Is it true that the quality of child’s friendships will seriously determine their behaviour, self-esteem and mental health? What should I be doing?*

10am-12pm in the Community Room

Last Wednesday of the Month (excluding Jan, April, Dec)

Fullarton Park Community Centre

Bookings essential for each session as places are limited: phone 8372 5180

Please note: we unfortunately cannot accommodate children in the sessions