

TERM 2 2022



MIDVALE HUB
FOR FAMILIES

Midvale Hub Parenting Service Perth (North East)

FREE service for parents & carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater

Supporting Your Child's Emotional Development
Tuesday 9.30am – 11.30 am
3 May

Venue: Brockman Community House
Crèche: Limited places. Bookings essential.
Cost \$5 per session
Contact Brockman House 08 9279 1588

Circle of Security Parenting
In partnership with Child and Adolescent Health Service
Tuesdays 1pm – 3pm
3, 10, 17, 24, 31 May, 7, 14, 21 June

Venue: via online video conference platform
Crèche: Not available for this program

Circle of Security Parenting
Thursdays 9.30am – 11.30am
5, 12, 19, 26 May, 2, 9, 23 & 30 June

Venue: Child & Parent Centre Arbor Grove
Crèche: Limited places available.
Please call the Child & Parent Centre to book
08 9263 2845

1-2-3 Magic & Emotion Coaching
Wednesdays 9.30am – 11.30am
5, 12 & 19 May

Venue: Parkerville Baptist Church
Crèche: Not available for this program

Parenting Your Child with ADHD
Facilitated by Susan Hughes ADHD Parent Coach and Educator
Mondays 10am – 12noon
9, 16, 23 & 30 May

Venue: Child & Parent Centre Arbor Grove
Crèche: Limited places available.
Contact Child & Parent Centre 08 9263 2845

Protective Behaviours Parent Workshop
Facilitated by WA Child Safety Services
Monday 7pm – 9 pm
9 May

Venue: via online video conference platform
Crèche: Not available for this program



Registration for all programs are essential
For further information and to express interest to attend, or if you are interested in future programs:

Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>



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Midvale Hub Parenting Service Perth (North East)

Tuning in to Kids

Wednesdays 9.30am – 11.30am
11, 18, 25, May, 1, 8 & 15 June

Venue: Maylands Public Library

Crèche: Limited places. Booking essential. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Phone: 9208 2414

1-2-3 Magic & Emotion Coaching

In partnership with the Town of Bassendean

Mondays 10am – 12noon
6, 13 & 20 June

Venue: Bassendean Memorial Library

Crèche: Not available for this program

Fathering 101

Facilitated by Brad Williams from Behaviour Tonics
Monday 7pm – 8.30pm
30 May

Venue: via online video conference platform

Crèche: Not available for this program

Bringing Up Great Kids - Adolescents- online

Thursdays 7pm – 9pm
26 May, 2, 9, 16, 23 & 30 June

Venue: via online video conference platform

Crèche: Not available for this program

Tuning in to Kids

Thursdays 9.30am – 11.30am
26 May, 2, 9, 16, 23 & 30 June

Venue: Parkerville Baptist Church

Crèche: Not available for this program

Circle of Security Parenting

In partnership with Brockman Community House

Tuesdays 9.30am – 11.30am
10, 17, 24, 31 May, 7, 14, 21 & 28 June

Venue: Brockman Community House

Crèche: Limited places. Bookings essential.
Cost \$5 per session
Contact Brockman House 08 9279 1588



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Midvale Hub Parenting Service Perth (North East)

Online Safety Parent Workshop
Facilitated by WA Child Safety Services
Thursday 7pm – 9 pm
19 May

Venue: via online video conference platform
Crèche: Not available for this program

No Scaredy Cats
Facilitated by Behaviour Tonics
Tuesdays 7pm – 8.30pm
7, 14 & 21 June

Venue: via online video conference platform
Crèche: Not available for this program

Let's Talk Toileting
Monday 9.30am – 11.30am
13 June

Venue: Derrick Ernst Neighbourhood Centre
Occasional Child Care: Available on site for a small fee.
Bookings essential prior to the workshop.
Phone: (08) 9375 1985 to register your child.

123 Magic & Emotion Coaching
Facilitated by Behaviour Tonics
Wednesdays 7pm – 8.30pm
15, 22 & 29 June

Venue: via online video conference platform
Crèche: Not available for this program

The Importance of Play
Monday 9.30am – 11.30am
20 June

Venue: Derrick Ernst Neighbourhood Centre
Occasional Child Care: Available on site for a small fee.
Bookings essential prior to the workshop.
Phone: (08) 9375 1985 to register your child.



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OVERVIEW OF PROGRAMS



MIDVALE HUB
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Midvale Hub Parenting Service Perth (North East)

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Supporting Your Child's Emotional Development (1 session) 2 hours

For parents and cares of children 0 to 4 years

This workshop aims to support parents an understanding of their child's emotional development and how to effectively respond to emotional experiences.

We explore the importance of understanding brain development, attachment with your child, respond to our child's emotional experiences in a way that is keeping the attunement and relationship the focus with your child.

Circle of Security Parenting

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

1-2-3 Magic and Emotion Coaching

1-2-3 Magic and Emotion Coaching is a 3 session program for parents and carers with children aged 3 to 11 years.

The program explores ways parents can increase their children's ability to manage, and self-regulate their feelings and reactions. Learn more about:

- building positive relationships with children
- encouraging positive behaviour
- setting family rules and routines
- planning to avoid or manage potentially difficult situations

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Parenting Your Child with ADHD (4 sessions)

This program is targeted to parents and carers raising children with ADHD

Facilitated by Susan Hughes ADHD Parent Coach and Educator.

Learn more about:

- Up to date information on ADHD and how ADHD impacts on your child's ability to carry out daily tasks and why it can be challenging
- What does being a 'Good Parent' mean today?
- Parenting strategies and tools which are known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent
- Methods to manage your emotions and the benefits of looking after yourself

Protective Behaviours Parent Workshop (1 session) 2 hours

Facilitated by WA Child Safety Services

Learn valuable personal safety skills and strategies that can help empower children and keep them safer from abuse.

Practical activity ideas and conversation starters.

THIS WORKSHOP IS NOT SUITABLE FOR CHILDREN

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Tuning in to Kids

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years.

The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children. Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- helping children to feel safe in their world
- Managing emotions such as anger and anxiety

Fathering 101 (1 session) 1.5 hours

Facilitated by Brad Williams from Behaviour Tonics

Men are more involved in parenting than ever before, but with so much information, it can be hard to know how to do it with confidence.

Learn more about:

- Old school vs new school fathering
- Developing self-regulation in kids
- Why set limits and boundaries?
- Dads can be great teachers
- Is it too much to expect, that parents be 'on the same page'?
- What role do consequences play?
- Positive re-enforcement v bribery
- Strengthening relationships

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Bringing Up Great Kids - Parenting Adolescents

This 7 week program focuses on promoting and supporting respectful, caring and nurturing relationships between parent/carer's and their adolescent.

Learn more about:

- understanding what is going on in the adolescent brain and the impact on behaviour
- strengthening capacity as parents and carers
- reflecting on the role in supporting adolescent to forge their own identity and path to navigate the crucial space of both holding on and letting go during the adolescent years
- finding meaningful ways to stay connected with your adolescent

Let's Talk Toileting (1 session) 2 hour session

The best time to begin toilet training is when your child is ready.

Learn more about:

- What are the signs your child is ready?
- How parents can support the process
- Every day strategies to start, maintain and manage the process
- Resources available to support toilet training

Importance of Play (1 session) 2 hour session

Play is one of the most important needs children have.

Learn more about:

- How play strengthens and develops the brain, emotional, physical, cognitive development, social, literacy & numeracy skills
- What types of play are important with babies, toddlers & school-aged children
- Low cost play ideas

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No Scaredy Cats

This 3 week program provides parents with the skills to reduce anxiety and build resilience in 2 – 12 year olds.

Learn more about:

- child development
- understanding on some of the reasons why children experience heightened anxiety
- how to support children through the ups and downs of life
- guiding children through emotionally distressing situations
- preventing future issues and discussing a range of practical steps parents can take to build resilience in their children

Online Safety Parent Workshop

Facilitated by WA Child Safety Services

Learn more about:

- social media, gaming and apps
- how screens affect kids' wellbeing
- online grooming and catfishing
- explicit content
- personal information/image sharing
- cyberbullying
- resource recommendations

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We are taking expressions of interest for the following programs

Circle of Security Parenting via online video conference platform

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

Bringing Up Great Kids – For Aboriginal families (6 sessions)

For parents and carers of children 0 to 10 years

The program is to support families to build on trust, support and growth as parents. This program explores six stories of messages we can reflect on as parents, and be guided through your own narrative.

Bringing Up Great Kids the first 1000 days (5 session)

For parents and carers of children pre-birth to 3 years

This program reflects on the importance of living in a safe and nurturing environment. We talk about brain development and the understanding on how children grow and what they need in the first 1000 days. As parents we identify giving positive nurturing messages to our baby and young children and how to achieve this.

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We are taking expressions of interest for the following programs

Bringing Up Great Kids – Parenting After Family Violence (7 sessions)

Bringing Up Great Kids – Parenting After Family Violence is for women with children aged 0 to 18 years. It is a mindful, reflective and respectful program which provides the opportunity for families to go on a journey together learning from each other.

The program supports parents to:

- understand how family violence affects parenting and relationships with children and how it can be more effective
- identify and deliver the important messages they want to convey to their children
- learn more about brain development in children and its influence on their thoughts, feelings and behaviours
- understand and respond to the meaning behind children's behaviour
- discover ways for parents to take care of themselves and to find support when needed
- understand their inner strengths and courage

Tuning in to Teens (6 session) 2 hours a session

Tuning in to Teens is a 6 session program for parents and carers with children aged 11 to 18 years.

The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- Supporting teens to maintain friendships and deal with conflict.

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