



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

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Registration for all programs is 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](mailto:parentingservice@mundaring.wa.gov.au)  
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

OR

Scan the QR code to express your interest via Humanitix

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

## Circle of Security Parenting

Tuesdays: 9.30am - 11.30am  
23, 30 April, 7, 14, 21, 28 May, 4  
& 11 June



Venue:

Midland Women's Health Care Place

Crèche: available at \$2 per child per session.

Please enquire on registration.



## Circle of Security Parenting Couples

Tuesdays: 7:00pm - 9:00pm  
23, 30 April, 7, 14, 21, 28 May, 4  
& 11 June

Venue:

via online video conference platform

Crèche: Not available for this program.

**FULL**

Please note: this planner may be subject to change

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## Circle of Security Parenting

Thursdays: 9.30am - 11.30am  
2, 9, 16, 23, 30 May, 6, 13 &  
20 June



**Venue:**

Parkerville Baptist Church

**Crèche:**

May be available for this program.

## Circle of Security Parenting

Fridays: 9.30am - 11.30am  
3, 10, 17, 24, 31 May, 7, 14 &  
21 June



**IN PARTNERSHIP WITH ANGLICARE WA**

**Venue:**

Child & Parent Centre Arbor Grove  
Ellenbrook

**Crèche:**

May be available for this workshop.

## Circle of Security Parenting

Tuesdays: 6.30pm - 8.30pm  
7, 14, 21, 28, May, 4, 11, 18, &  
25 June



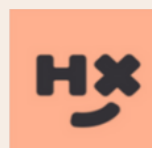
**IN PARTNERSHIP WITH ANGLICARE WA**

**Venue:**

Brockman Community House

**Crèche:**

Not available for this program.



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## 1 2 3 Magic & Emotion Coaching

Wednesdays: 9.30am - 11.30am  
22, 29 May & 5 June



**Venue:**

Maylands Public Library

**Crèche:**

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at [www.bayswaterrecreation.com.au/the-rise-creche](http://www.bayswaterrecreation.com.au/the-rise-creche) and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

## Tuning in to Teens

Thursdays: 6:30pm - 8:30pm  
22, 30 May, 6, 13, 29  
& 27 June



**Venue:**

headspace Midland

**Crèche:**

Not available for this program.

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

## Bringing Up Great Kids in the Early Years

Tuesdays: 9.30am - 11.30am  
28 May, 4, 11, 18  
& 25 June

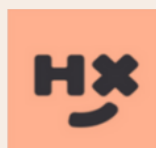


**Venue:**

Brockman Community House

**Crèche:**

May be available at \$7 per session.



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## Parenting Toddlers

Wednesdays: 9.30am - 11.30am  
12, 19 & 26 June



**Venue:**

Maylands Public Library

**Crèche:**

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at [www.bayswaterrecreation.com.au/the-rise-creche](http://www.bayswaterrecreation.com.au/the-rise-creche) and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.



## Raising Children In A Digital World

Tuesday: 7pm - 9pm  
30 April



**Venue:**

via online video conference platform

**Crèche:**

Not available for this program.

## Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am  
7 May

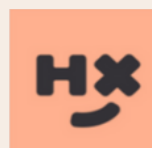


**Venue:**

Brockman Community House

**Crèche:**

May be available at \$7 per session.



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## Let's Talk Toilet Learning

Wednesday: 9.30am - 11am  
8 May



**Venue:**

Maylands Public Library

**Crèche:**

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at [www.bayswaterrecreation.com.au/the-rise-creche](http://www.bayswaterrecreation.com.au/the-rise-creche) and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

## Emotion Coaching Your Child

Wednesday: 9.30am - 11.30am  
15 May



**Venue:**

Maylands Public Library

**Crèche:**

Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at [www.bayswaterrecreation.com.au/the-rise-creche](http://www.bayswaterrecreation.com.au/the-rise-creche) and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.



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# Program/Workshop Overview



## Circle of Security Parenting

**8 x 2 hour sessions**

**Face to Face and Online**

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 & Emotion Coaching

**3 x 2 hour sessions**

**Face to Face**

This is a 3-session program for parents and carers with children aged 3 to 10 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

## Tuning into Teens

**6 x 2 hour sessions**

**Face to Face**

A 6 session program for parents and carers with children aged 12 to 18 years.

The program provides parents with a greater understanding of their teen's emotional experiences and explores specific skills that help parents to be supportive, empathic and stay connected with their teen.

Learn more about:

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

## Bringing Up Great Kids - In the Early Years

**5 x 2 hour sessions**

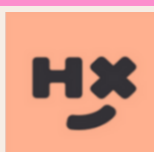
**Face to Face**

Bringing Up Great Kids in the Early Years a 5 session program for parents and carers of Children 0 - 8 months. Parents and Babies attend this program together.

This program supports building positive relationships and interactions between parents and their babies.

We will explore:

- understanding our babies needs in early life and how to meet these needs
- understanding origins or parenting styles and the importance of a positive start
- ways of giving nurturing messages to our babies ways to take care of ourselves during our parenting journey



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# Program/Workshop Overview



## Parenting Toddlers

**3 x 2 hour session**

**Face to Face**

For parents and caregivers of children aged 18 months to 3 years.

Let's learn together some practical ways that can support you to feel more confident as you guide your Toddler's behaviour.

Learn more about:

- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

## Raising Children In A Digital World

**1 x 2 hour session**

**Online**

For parents and caregivers of children aged 4 to 12 years

This workshop provides valuable insight and tools to protect our children online and find the balance within the family about the digital world we now live in.

Topics include:

- explore the bigger picture about the digital world
- social media safety
- cyberbullying prevention and managing screen time

## Emotion Coaching Your Child

**1 x 2 hour session**

**Face to Face**

This workshop is for parents of children aged 3 - 10 years and aims to support parents to gain an understanding of the types of emotions present in ourselves and our children, and how this can be supported within the home environment to develop emotional intelligence.

## Let's Talk Toilet Learning

**1 x 1.5 hour session**

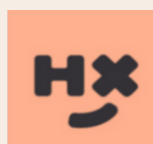
**Face to Face**

For parents and caregivers of children 18 months to 4 years

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

Learn more about:

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



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# MIDVALE HUB PARENTING SERVICE PERTH NORTH EAST



**FREE** parenting programs, workshops and support for parents and carers of children aged 0 - 18 years and reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

**Telephone: (08) 9290 6827**

**Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)**



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