



positive PARENTING



Take the stress out of parenting

A series of 3 free engaging and informative workshops
for parents with children aged 3 to 12 years

Workshop 1. The Power of Positive Parenting Thurs 22 November, 9:30-11:30am

Ensuring a safe engaging environment - Creating a positive, learning environment - Using assertive discipline - Having reasonable expectations - Looking after yourself as a parent

Workshop 2. Raising Confident and Competent Children Thurs 29 November, 9:30-11:30am

Showing respect to others - Being considerate - Having healthy self-esteem - Having good communication and social skills - Being a good problem solver - Becoming independent

Workshop 3. Raising Resilient Children Thurs 6 December; 9:30-11:30am

Recognising and accepting feelings - Building a positive outlook - Developing coping skills - Expressing feelings appropriately - Managing negative feelings - Managing stressful life events

Where: Elizabeth Grove Children's Centre
20 Haynes Street, Elizabeth Grove

When: Thursdays November 22nd – December 6th
9.30am-11.30am

Registrations: Contact Christie on 8255 7515 or 0447796045

Everyone is welcome, however *bookings are essential*

Delivered by the Department for Education's Positive Parenting Team



Happy families. Better relationships. Successful kids.



Elizabeth Grove
**Children's
Centre**
for Early Childhood
Development and Parenting



Government of South Australia
Department for Education

