

PARENTING WORKSHOPS

**Workshops are
suitable for parents
of children 3-5 years**

A series of free workshops to assist parents in preparing
their children for their first year of school.



East Waikiki Child and Parent Centre
(corner of Carnegie Loop and Murchison Road, Cooloongup)



12.30pm – 2.30pm

Toileting for children over 3 years of age

Tuesday 12 June 2018



Learn how to overcome obstacles that might hinder progress and how change (such as starting kindergarten) can affect this skill.

Nutrition - Healthy eating habits for children

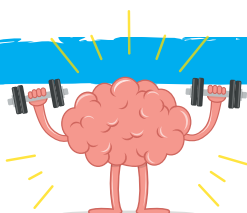
Tuesday 19 June 2018



Learn to make healthy, safe and affordable foods for lunchboxes that children want to eat, to ensure children have the energy to concentrate, learn, play and grow.

Building brains

Tuesday 7 August 2018



Parents will gain an understanding of the importance of play, nurturing and positive relationships in strengthening brain connections in young children.

Guiding children's behaviour

Tuesday 14 August 2018



Parents will gain an understanding of normal child development and learn how to deal with challenging and confronting behaviour while exploring the parent and child relationship.

Light refreshments and crèche facilities will be provided | Registrations for workshops are essential.

Numbers for crèche are limited and must be booked at least a week in advance.
To book contact **Ngala** on **9367 0967** or email **Eastwaikiki@ngala.com.au**



www.rockingham.wa.gov.au



Ngala
Parenting with Confidence

