NOV10 CATALOGUE NUMBER: 09416

HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;

MAKE cheques/money orders payable to: Northern Sydney Central Coast Health

POST the completed Application Form and the fee to:
Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa
FAX: 9887 2941

Staff Concessions:
A 20% discount is available for staff of Northern Sydney Central Coast Health.

Childminding:
We regret we cannot provide childminding.

Public Holidays:
Classes are NOT held on public holidays.

Receipts:
Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits:
Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre,
57 Hercules St

Cremorne Early Childhood Centre,
108 Parraween ST

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

NOV10 CATALOGUE NUMBER: 09416
**FOR CHILDREN 1–12 YEARS**

### Toddlers: Terrible or Terrific

6 weeks (2.5 hours) $170 per person ($143 concession)

**Content:** Emotional development, speech and language development, parenting partnerships, sleep and eating patterns, discipline and tantrums, toilet training, and coping with a toddler & change

**Age group:** 1-3 years

<table>
<thead>
<tr>
<th>Term</th>
<th>Days</th>
<th>Time</th>
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<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Thurs</td>
<td>7.00-9.30pm</td>
<td>3/3-7/4</td>
<td>Chatswood</td>
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<tr>
<td>Term 2</td>
<td>Mon</td>
<td>7.00-9.30pm</td>
<td>16/5-27/6 (PH 13/6)</td>
<td>Chatswood</td>
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### Toddler Workshop

2.5 hours $40 per person

**Understanding your Toddler/Discipline and Tantrums**

**Term 1**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Term</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thurs</td>
<td>7.00-9.30pm</td>
<td>24/2</td>
<td>Chatswood</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>7.00-9.30pm</td>
<td>9/5</td>
<td>Chatswood</td>
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### Triple P (Positive Parenting Program)

7 weeks (2.5 hours) $195 per person ($170 concession)

4 group sessions of 2.5 hrs, 2 phone consultations over 3 wks, & a final session in wk 8

**Content:** A behaviour management program including clear strategies on how to encourage desirable behaviour & manage persistent misbehaviour.

**Age group:** 3-8 years

<table>
<thead>
<tr>
<th>Term</th>
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<th>Time</th>
<th>Term</th>
<th>Mon</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tues</td>
<td>7.00-9.30pm</td>
<td>15/2-8/3 &amp; 5/4</td>
<td>Chatswood</td>
<td></td>
<td></td>
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<tr>
<td>Wed</td>
<td>7.00-9.30pm</td>
<td>16/2-9/3 &amp; 6/4</td>
<td>Cremorne</td>
<td></td>
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</tr>
<tr>
<td>Tue</td>
<td>7.00-9.30pm</td>
<td>10/5-31/5 &amp; 28/6</td>
<td>Chatswood</td>
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<tr>
<td>Thurs</td>
<td>7.00-9.30pm</td>
<td>12/5-2/6 &amp; 30/6</td>
<td>Cremorne</td>
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### Communicating with Kids

6 weeks (2.5 hours) $180 per person ($154 concession)

**Content:** Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills, problem solving, sibling rivalry and establishing family values. (Based on PET)

**Age group:** 4-12 yrs

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<tr>
<th>Term</th>
<th>Mon</th>
<th>Time</th>
<th>Term</th>
<th>Mon</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Wed</td>
<td>7.00-9.30pm</td>
<td>28/2-4/4</td>
<td>Chatswood</td>
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<tr>
<td>Thurs</td>
<td>7.00-9.30pm</td>
<td>26/5-30/6</td>
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### Dealing With Teen’s Backchat Workshop

2.5 hours $40 per person

**Content:** Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful & positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

**Age group:** 1-3 years

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<th>Term</th>
<th>Mon</th>
<th>Time</th>
<th>Term</th>
<th>Mon</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Wed</td>
<td>7.00-9.30pm</td>
<td>2/3</td>
<td>Chatswood</td>
<td></td>
<td></td>
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<tr>
<td>Term 2</td>
<td>Wed</td>
<td>7.00-9.30pm</td>
<td>25/5</td>
<td>Chatswood</td>
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### Communicating with Teens

5 weeks (2.5 hours) $150 per person ($125 concession)

**Content:** Skills to communicate with your teenagers so that you understand each other and build a positive relationship, understanding teenagers today, problem ownership, listening skills, assertiveness skills, problem solving, peer group pressure and self-esteem issues

**Age group:** 1-3 years

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Wed</th>
<th>Time</th>
<th>Term 2</th>
<th>Wed</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>6/4</td>
<td>7.00-9.30pm</td>
<td>9/3-6/4</td>
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<tr>
<td>6/4</td>
<td>7.00-9.30pm</td>
<td>1/6-29/6</td>
<td>Chatswood</td>
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### Triple P (PPP) Seminar Series

Organised through schools, centres and council.

These seminars are designed for larger groups interested in learning about positive ways of promoting their children’s and teenager’s development.

**1-12 years:** $420 each 2hrs each

- Seminar 1: Power of positive parenting
- Seminar 2: Raising confident, competent children
- Seminar 3: Raising resilient children

**TEENS:** $420 each 2hrs each

- Seminar 1: Raising responsible teenagers
- Seminar 2: Raising competent teenagers
- Seminar 3: Getting teenagers connected

We regret that we cannot provide child minding.

### Workshops and Seminars Organised Through Schools, Centres & Councils

$420 for group bookings, including handouts.

To organise a workshop/seminar OR for details of workshops/seminars scheduled, phone 9887 8380.

**Toddler Workshops**

1. Understanding Your Toddler/Discipline and Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

**Older Sibling – New Baby**

Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

**CHATSWOOD WORKSHOPS**

- TUES 15/3 THURS 12/5
- WED 3/4

**Healthy Family Eating and Living**

Content: Looks at healthy eating for the family, practical ideas for increasing physical activity, sharing food tasks & changing habits, dispelling myths & understanding self-image.

**Transition to School**

Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

**Bully Busting and Cyber Bullying for Parents**

Content: Who is affected by bullying behaviour, myths about bullying, how to help your child if they are being bullied, they are doing the bullying behaviour or if they witness bullying behaviour.

**Resilient Kids**

Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

**CHATSWOOD WORKSHOPS**

- TUES 15/3 THURS 12/5

**Transition to High School**

Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

**Dealing with Backchat**

Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.