



## Importance of Play in Childhood Development

Louise Dorrat

### Tuesday 12 October

In an ever-changing, rushed and risk-averse world, our society is becoming increasingly fast paced. As a result, children's spontaneous play is being replaced by more structured activities which can be a trigger for anxiety and challenging behaviour. This forum will help you:

- Understand the importance of social and emotional learning
- Learn to manage risks, not eliminate them
- Provide environments at home that promote resilience and self-regulation in children

Age range: 0-8 years

## WHAT ARE PARENTING INFORMATION FORUMS?

Council believes that effective parenting is important for the health and wellbeing of children and teens. These forums are for parents, grandparents and carers to help on your parenting journey.

Guest speakers have a diverse range of parenting approaches.

### MORE INFORMATION AND HOW TO REGISTER

Sessions are free and start at 7pm.

The program is very popular and sessions often book out.

Bookings generally open four weeks in advance. Book your spot through our online booking system at [www.whitehorse.vic.gov.au/parenting-information-forums](http://www.whitehorse.vic.gov.au/parenting-information-forums)

If you need support to help you attend, including interpreting, contact **Council's Parenting Resource Officer on 9262 6175** or [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au)

*Bring notepad and pen to take notes.*

The information in this brochure is subject to change.



### ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, Whitehorse City Council acknowledges the Wurundjeri people as the traditional custodians of the land. We pay our respects to their Elders past and present.

### CONTACTING COUNCIL

Postal address	Whitehorse City Council Locked Bag 2 Nunawading 3131
Phone	9262 6333
NRS (Service for deaf or hearing impaired people)	133 677 then quote 9262 6333
TIS (Telephone Interpreter Service)	131 450. Call and ask to be connected to Whitehorse City Council
Email	<a href="mailto:customer.service@whitehorse.vic.gov.au">customer.service@whitehorse.vic.gov.au</a>
Website	<a href="http://www.whitehorse.vic.gov.au">www.whitehorse.vic.gov.au</a>



## PARENTING INFORMATION FORUM PROGRAM



Supporting Parents, Grandparents and Carers

2021



## Strive & Thrive VCE Together

Anxiety Recovery Centre Victoria (ARCVic)

### Tuesday 23 February

A presentation where families and young people come together and learn together. The workshop will look at the big VCE picture and talk about realistic expectations. Learn some practical self-help skills and develop strategies for managing stress and anxiety leading up to VCE.

**Age range:**  
**Year 11/12 students**

### Taming your Teen

Sharon Muir,  
Parentzone Anglicare

### Thursday 11 February

Join Sharon Muir, ParentZone group facilitator, teacher, and family therapist, to discover ten proven strategies to stay sane while you 'tame your teen!'

**Age range:**  
**11-19 years**



### Peaceful Parenting

Laurie Arrowsmith,  
Parentzone Anglicare

### Tuesday 23 March

Peaceful parents = Happy kids. Do you want to learn ways to deal with anger and anxiety in your children and in yourself? In this forum, you will learn how to:

- improve communication and relationships with your children
- manage challenging behaviour
- take care of your own emotional wellbeing and resilience

**Age range: 2-12 years**

### Dads Toolkit

Parentzone

### Wednesday 28 April

Are you a dad looking to add to your parenting toolkit? Do you want to learn strategies to develop your relationship and communication with your children?

Join ParentZone for this webinar to learn the tricks of the trade - being a dad!

**Age range:**  
**0-10 years**



### Tweens and their Screens

Sharon Muir,  
Parentzone Anglicare

### Wednesday 5 May

Would you like to learn how to help your tween better balance screen time and real life? Find strategies to help them switch off and re-engage in the world? Navigate online safety, rules and consequences?

Join Sharon Muir, ParentZone group facilitator, teacher, and family therapist to develop strategies to help your tween develop healthier screen time habits!

**Age range:**  
**10-15 years**



### School Readiness

Louise Dorrat

### Tuesday 15 June

What does school readiness mean? Is it about numbers and letters or is it being able to take turns, being able to separate from the parent and being able to concentrate? Is my child ready for school next year or should I wait until the following year? Won't they be bored with another year of kinder?

This session will explore these questions and discuss the importance of the child's social and emotional maturity.

**Age range:**  
**3-5 years**

### Parenting Anxious Children

Michelle Graeber,  
Anxiety Recovery Centre Victoria

### Tuesday 24 August

This session will provide parents and carers an understanding of:

- the role of anxiety and normal childhood development
- signs and symptoms to be aware of
- different types of anxiety
- strategies and methods to support your children
- and provide information of where to go for further help, support and information.

**Age range:**  
**School aged**



### Body Confident Children & Teens

Nicki Isaac,  
Butterfly Foundation

### Tuesday 7 September

With so many confusing messages around weight and shape and with many adults struggling with their own body image, it can be difficult for parents to know how best to support their child as they move through adolescence.

This relaxed and informative seminar will give practical tips to help you better understand and promote positive body image in the home.

**Age range:**  
**5-18 years**