



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

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

<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>

OR

Scan the QR code to express your interest via Humanitix

Bringing Up Great Kids in the Early Years

Thursdays: 10am - 12noon
10, 17, 24, 31 October & 7 November



Venue:

Dayton Family HUB

Crèche:

Not available for this program.
Babies welcome

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Bringing Up Great Kids in the Early Years

Tuesdays: 12.30pm - 2.30pm
22, 29 October, 5, 12, &
19 November



Venue:

Brockman Community House

Crèche:

Not available for this program.
Babies welcome

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Shire of Mundaring Children's Services





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Circle of Security Parenting

Wednesdays: 7pm - 9pm
9, 16, 23, 30 October, 6, 13, 20
& 27 November



Venue:

via online video conference platform

Crèche:

Not available for this program

Circle of Security Parenting

Wednesdays: 9.30am - 11.30am
16, 23, 30 October, 6, 13, 20, 27
November & 4 December



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 and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

Circle of Security Parenting

Tuesdays: 9.30am - 11.30am
15, 22, 29 October, 5, 12, 19, 26
November & 3 December



Venue:

Midland Women's Health Care Place

Crèche:

Available at \$2 per child per session. Please enquire on registration.

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IN PARTNERSHIP WITH BROCKMAN COMMUNITY HOUSE

Tuning in to Kids

Tuesdays: 9.30am - 11.30am
15, 22, 29 October, 5, 12 & 19
November



Venue:

Brockman Community House

Crèche:

Not available for this program

Parenting Toddlers

Wednesdays: 9.30am - 11.30am
16, 23 & 30 October

Venue:

Beechboro Library

Bookings through - Beechboro Library - Eventbrite
[Parenting Toddlers at Beechboro Library Tickets](#),
Wed 16/10/2024 at 9:30 am | [Eventbrite](#)

Crèche:

If parents/carers need care for children while this program is running, please contact Swan Active Beechboro regarding creche.

IN PARTNERSHIP WITH HEADSPACE MIDLAND

Tuning in to Teens

Thursdays: 6.30pm - 8.30pm
24, 31 October, 7, 14, 21 &
28 November



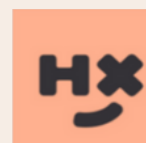
Venue:

headspace Midland

Crèche:

Not available for this program

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1 2 3 Magic & Emotion Coaching

Thursdays: 9.30am - 11.30am
14, 21 & 28 November



Venue:

Parkerville Baptist Church

Crèche:

May be available
Please enquire on registration

1 2 3 Magic & Emotion Coaching

Thursdays: 10am - 12noon
14, 21 & 28 November



Venue:

Dayton Family HUB

Crèche:

Not available for this program.

ADHD & Your Child

Thursdays: 9.30am - 11.30am
17, 24, 31 October & 7 November

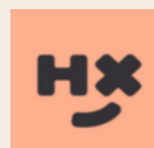


Venue:

Parkerville Baptist Church

Crèche:

May be available
Please enquire on registration



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Supporting Your Child's Emotional Development

Tuesday: 6pm - 8pm
8 October



Venue:

Buttercups Child Care & Early Learning Centre

Crèche:

Not available for this program.



Promoting Positive Behaviours

Wednesday: 7pm - 9pm
16 October



Venue:

Via online platform

Crèche:

Not available for this program



Building Your Child's Resilience

Wednesday: 7pm - 9pm
23 October

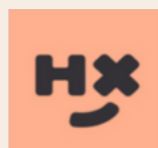


Venue:

Via online platform

Crèche:

Not available for this program



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Let's Talk Toilet Learning

Wednesday: 7pm - 8.30pm
30 October



Venue:

Via online platform

Crèche:

Not available for this program

Emotion Coaching Your Adolescent

Monday: 6pm - 8pm
4 November



Venue:

Child & Parent Centre Arbor Grove

Crèche:

Not available for this program.



Raising Children in a Digital World

Monday: 7pm - 9pm
18 November

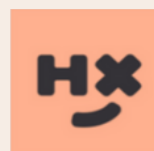


Venue:

Via online platform

Crèche:

Not available for this program



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Emotion Coaching Your Adolescent

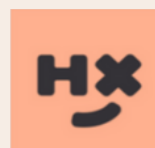
Tuesday: 5pm - 7pm
26 November

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries Eventbrite

Crèche:

Not available for this program.



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Program/Workshop Overview



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

Circle of Security Parenting 8 x 2 hour sessions **Face to Face & 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

Tuning into Kids 6 x 2 hour sessions **Face to Face**

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years. The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children.

Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- managing emotions such as anger and anxiety

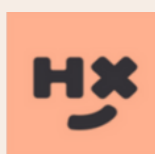
Parenting Toddlers 3 x 2 hour session **Face to Face**

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



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Program/Workshop Overview



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

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

ADHD & Your Child

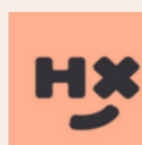
4 x 2 hour sessions

Face to Face

For parents and caregivers of children aged 6 to 12 years who has been diagnosed or in the process of diagnosis for ADHD?

We will explore and learn more about:

- understanding ADHD and the brain
- ways of nurturing positive relationships
- working together with your child to handle difficulties by offering practical strategies
- building self-esteem, resilience & confidence in your child



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Program/Workshop Overview



MIDVALE HUB
FOR FAMILIES

Supporting Your Child's Emotional Development

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 0 - 4 years and aims to support parents to gain an understanding of their child's emotional development and how to effectively respond to emotional experiences.
Learn more about: *your child's developing *brain social & emotional development of your child
*building on your attachment *how to respond to your child's emotional experiences.

Promoting Positive Behaviours

1 x 2 hour session

Online

For parents and carers of children 3 to 10 years
This workshop is designed to explore ways that parents can guide and support children's positive behaviours. We learn more about understanding and how emotions affect behaviour.
We will discuss strategies to guide and encourage positive behaviour in our children.

Building Your Child's Resilience

1 x 2 hour session

Online

For parents and caregivers of children 4 to 12 years Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. This workshop talks about understanding resilience for children, factors for developing, and building resilience in children. It explores parents/carers strategies to promote children's resilience in everyday life.

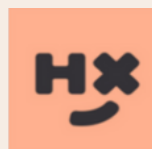
Let's Talk Toilet Learning

1 x 1.5 hour session

Online

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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Program/Workshop Overview



Emotion Coaching Your Adolescent

1 x 2 hour session

Face to Face

For parents and caregivers of young people aged 11 to 17 years

This workshop aims to support Parents to gain an understanding of the types of emotions present in our Adolescents and ourselves.

Becoming an emotion coach helps you develop further skills to support your Adolescent based on deepening connections, emotional attunement and developing problem solving skills. These becomes the foundation for emotional intelligence in adulthood.

Raising Children In A Digital World

1 x 2 hour session

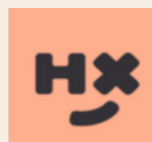
Online

For parents and caregivers of children aged 3 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



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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



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