

My Child and Me

Connecting, understanding, and guiding...
everyday parenting

Families
Growing
Together

My Child and Me is a **FREE** workshop that helps you as parents and caregivers to build an understanding of your child and their healthy development.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- 🔗 Brain & child development
- 🔗 Understanding behaviour
- 🔗 Parenting styles
- 🔗 Positive approaches to guiding children's behaviour

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments and crèche provided

Bookings essential



Dominican School - MFC
237 Military Road Semaphore

When: Part 1 – **Wednesday 9th August 2023**
Part 2 – **Wednesday 23rd August 2023**

Time: 6.00pm – 8:30pm

To book: aappleby@dominican.catholic.edu.au

Everyone is welcome,
bookings essential.

Please arrive 10
minutes early to
register.

 Government of
South Australia

 human
services