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# Parent Information Sessions

Parent information sessions will be offered throughout 2020. Please see the What's On for this terms programs.

## **Untangling Tantrums**

We will look at why young children can get such big emotions and some strategies to help us help them.

## **Toilet Training**

A workshop for parents ready to tackle the challenges of toilet training, suitable for parents of all children including children who have special needs.

## **Sleep**

Sleep can be tricky for many parents and their children. We will explore some of the common sleeping woes including positive settling ideas for parents of young children, babies and toddlers.

## **Fun with food**

A two part group for parents of children aged from 8 months to 4 years old who are having difficulty learning to eat a variety of food.