

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 provided
Bookings essential



Darlington Children's Centre
12A Kurrajong Place, Darlington

When: **Thursday 27 July 2023**
Thursday 03 August 2023

Time: **9:15am – 11:00am**

To book: **Contact Erica on 8296 2686 or email**
erica.stewart221@schools.sa.edu.au

Everyone is welcome,
bookings essential.

Please arrive 10 minutes
early to register.



Government of
South Australia



human
services