

DCC Parenting Calendar Term 2

May to June 2022

To register visit www.dcc.org.au/families,
email info@dcc.org.au or call 9719 8102



Baby Yoga

Bring your baby along and learn stretching and movements that you can do to your baby to help them grow and develop to their full potential.

Baby Yoga is a fun and interactive course and consists of:

- movement, touch and songs for baby
- yoga postures, breathe work and relaxation for parents
- sequences where both parent and baby can work together for mutual benefit

It is a carefully constructed system designed to meet the needs of both baby and parents.

Dates: Fridays, 6 May to 3 June 2022
Time: 11:30 am to 12:30 pm
Venue: Drummoyne Community Centre
Cost: \$30 for the 5-week program
Suitability: Parents of children (6-18 months)

Fearless Parenting

A program to support your child manage anxiety and become more emotionally resilient. Give your family a toolbox of strategies, skills and knowledge to manage anxious feelings and stop unnecessary worrying. Support your child in developing their own toolkit of coping skills to overcome anxiety.

Fear-Less Triple P is based on extensive research by clinical psychologists to support families of anxious children. Understand what is in your control to change and enjoy being a parent more!

Dates: Tuesdays, 10 May to 14 June 2022
Time: 7.00 pm – 9.00 pm
Venue: Drummoyne Community Centre
Cost: \$60 for the 6-week program
(includes DCC membership)
Suitability: Parents of children (5-14 years)

Bumps, Bubs and Beyond Mini-Expo

A **FREE** event for pregnant women, pregnant couples and parents of children 0-3 years. **REGISTRATIONS ESSENTIAL**

Many parents see birth as the end (of pregnancy) rather than the beginning of parenting (for the next 18 years). This event brings together local information and support for families and aims to focus on those vital first years of a child's life. Includes a wide variety of guest speakers, expo information tables and giveaways. Breakfast and/or morning tea included.

You will receive information about:

- Preparing your relationship to be baby ready and baby proof
- What to expect in the first days, weeks, months and years following the birth of baby
- Services and support that are available and how to access them

- Insights, hints and tips to make those challenging days more enjoyable
- Mother, Baby and Father Classes and Courses on offer
- Tips for transitioning from home to childcare
- Returning to work and childcare options; pros and cons of each

Please email info@dcc.org.au to receive the link for the online registration. For more information call 9719 8102.

Date: Friday, 24 June 2022
Time: 9.00 am – 12.00 pm
Venue: Canada Bay Club
8 William Street
Five Dock

IMPORTANT INFORMATION

Fees are negotiable for families experiencing financial hardship at this time. Priority is given to DCC Members and local parents in the City of Canada Bay area and surrounding suburbs. Please call the office before you complete a registration form to ensure there is a spot available. Reduced fees may apply.



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