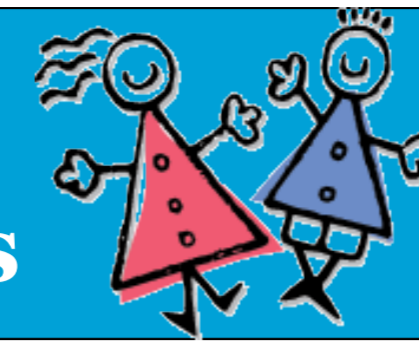


NGALA PINGELLY Parenting Education Workshops



The Pingelly Community Resource Centre and Shire of Pingelly have joined with Ngala and Child Health, to deliver a series of free parenting workshops in Pingelly, focused on supporting healthy child development. Ngala works with communities to provide early parenting services for families with children from birth to six years and is recognised as a leading resource for families with babies and young children.



Workshops are to be held in Pingelly on the 19th and 20th of September and we encourage all young families to take advantage of this great opportunity.



A crèche will be provided. (details below) **Bookings are essential**

Monday 19 th September
Morning Workshop 9.30 am to 11.30am
Sleep for Toddlers (1-2 years)
This workshop explores children's sleep patterns and rhythms which evolve as their brain continues to make sense of the world. Developmentally, toddler is on the move, driven to explore and now can make choices regarding whether to sleep or not. The facilitator will discuss strategies you can use to coach your child through the upheavals that may arise in your home that challenge family sleep pattern.
Afternoon Workshop 12.30pm to 2.30pm
Sleep and Brain Development 0-12 months
This workshop will look at babies brain development regarding sleep patterns, rhythms which evolve as your child grows.
Evening Workshop 6.00pm to 8.00pm
Building Young Children's Brains (0-5 years)
The Building Brains session combines the latest evidence-based information on early brain development and explores the importance of growth and development of a child during the first 5 years of life. Participants will learn how their child's brain is forming during these formative years as well as how you can help your child develop.
Tuesday 20 th September
Morning Workshop 9.30am to 11.30am
Food/Nutrition and Behaviour (2-5 years)
Come share together our individual feelings and emotions around food and meal times and how it affects our children's behaviour



A Crèche will be available for those attending the workshop however bookings are essential

NOTE: There will be no children accepted into the crèche without a prior booking.

To access this service we ask that you provide your child with a morning/afternoon snack and any necessary items for your child, i.e. nappies, wipes, change of clothes, bottles, pram (under 2 years), hats and sunscreen.

Places are limited so book early by phoning Pingelly CRC on 98871409

TAKE ADVANTAGE OF THIS GREAT OPPORTUNITY

Ngala provides two hour education workshops for parents, grandparents and carers of children 0 to 6 years. Parents come to gain knowledge, learn from other parents and share experiences. Workshops are facilitated by a qualified Ngala educator.

There will be four Workshop sessions, tailored to the needs of Pingelly families, over 2 days, come along and participate in this great opportunity. Light Lunch will be provided for participants attending both morning and afternoon Workshops. Partners are encouraged to attend.

RSVP attendance for Workshops, lunch and Crèche by 16th September 2011

Book now contact Pingelly CRC on 9887 1409 or Email: pingellycrc@westnet.com.au for further information.

THESE FREE WORKSHOPS WILL BE HELD AT THE
PINGELLY COMMUNITY CENTRE (at the oval)

BOOK NOW!



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