



Ngala Williams

Parenting Education Workshops

The Williams Community Resource Centre has joined with Ngala and Child Health to provide the families of Williams with the opportunity to attend Parenting Education Workshops held on *25 October* at Williams Community Resource Centre

Morning Workshop 9:30am to 11:30 am - CRECHE available

Sleep Toddlers and Beyond (1-5 yrs)

This workshop explores children's sleep patterns and rhythms which evolve as their brain continues to make sense of their world. Developmentally, a 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 patterns.

Afternoon Workshop 12:30pm to 2:30pm - CRECHE available

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. The workshop will also give look at strategies to help you make changes

Evening Workshop 6:30pm to 8:30pm

Understanding and Guiding Children's Behaviour Toddlers and Beyond (1-5 yrs)

This workshop will assist participants to understand normal developmental changes, and provide the principals to help you in guiding your child's behaviour.

Please feel free to ask Ngala staff any parenting questions that you have.

A Creche will be available for the morning and afternoon workshops for Mothers unable to find alternative babysitters. Workshops and Creche are free but bookings are essential for catering purposes.

Phone: (08) 9885 1378 or Email: williams@crc.net.au



Government of Western Australia
Department of Health
WA Country Health Service

Ngala

Parenting with Confidence

Williams
**Community
Resource
Centre**