

# NGALA *KELLERBERRIN* PARENTING EDUCATION WORKSHOPS

The Kellerberrin Community Resource Centre has joined with Ngala, Child Health and Kellerberrin Early Years Reference Group (KEYRG) to provide the families of Kellerberrin with the opportunity to attend Parenting Education Workshops held on Thursday 2 February 2012.

## Sleep Toddlers and Beyond (1-5 yrs)

**Morning Workshop 9:30am to 11:30am**

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.



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

**Afternoon Workshop 1:00pm to 3:00pm**

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.

**To book your place contact :**

**Kellerberrin Community Resource Centre**

**Address: 94- 96 Massingham Street Kellerberrin**

**Phone: (08) 9045 4991 or**

**Email Tanya Cox: [cox.crew@activ8.net.au](mailto:cox.crew@activ8.net.au)**



Government of Western Australia

Department of Health

WA Country Health Service

**Ngala**

Parenting with Confidence



Kellerberrin

Community Resource Centre