



The Parenting Place

Child and Family Counselling  
Service



Health

South Eastern Sydney  
Local Health Network

# FREE RECORDED PARENT SESSIONS

The Parenting Place is offering free practical information and tips to parents of young children.

**ALL ENQUIRIES & BOOKINGS GO TO:** <https://www.trybooking.com/eventlist/parentinggroups>

## Anxiety In Preschoolers

(ages 2-5)

**Is your child having difficulty separating from you or facing new situations?**

This session looks at what is normal anxiety in a young child and when anxiety is a problem that needs to be addressed. We will give parents practical tools to assist their child in managing these strong emotions.



## Fussy Eaters (ages 1-5)

We discuss why young children become fussy eaters and positive parenting strategies to manage them.

This is a great workshop if your child is under two, as you may learn some preventative techniques to avoid problems occurring.

## Toilet Training (ages 1-5)

At these sessions we discuss 'ideal' toilet training as well as do some troubleshooting for those that have already encountered problems.

## Understanding Your 1-2 year old (ages 1-2)

We look at the wonderful but often challenging changes that occur in the second year of life and how to manage it.

## Preparing Your Child for a New Sibling (ages 1-5)

The arrival of a new baby in the family is a significant adjustment for all, but especially your toddler/preschooler. We will discuss practical strategies to help them cope with the changes.

## Understanding the behaviour of your 2-5 year old child (ages 2-5)

**This 2 part workshop looks at some of the reasons why children under five present with behavioural issues.**

We discuss useful positive parenting strategies and consider how a parent can take care of themselves in the process.

## Sleep Support for Children

(ages 1- 5 years)

In this talk we will look at what normal sleep looks like in childhood followed by the types of problems that are common in this age group. Most of the session will be spent on discussing a variety of strategies that parents can use to manage sleep problems.

