Parenting Education Programs

Information Booklet
Parenting Courses

Centacare’s Family Relationship Education program offers a diverse range of courses designed to develop and strengthen relationships. Many of our courses support strong family relationships, whilst others examine and build skills required for healthy and strong peer and adult relationships.

The programs are offered in a variety of formats. These include multi-week courses and one off sessions. The team is also able to design an individual workshop or course to meet the specific needs of a school, community group or workplace.

This booklet briefly outlines the multi week programs that run on a regular basis as well as a number of the other short, or one off individual sessions that are particularly popular.

All of these programs can be booked by schools, community groups or other interested groups by contacting the Education Manager.

We are often asked to run workshops and sessions for school students. Again, this booklet contains some information regarding commonly requested topics and themes. Please contact the Education Manager on 8210 8200 if there is a specific topic that you would like our team to facilitate and we will work with you to design a program that suits the needs of your school.
Circle of Security
An 8 week Parenting Program

This can be attended in a small group or one-on-one with an Educator

Do you want to have more understanding about your child’s behaviour?
Come along and learn how to:

- Help your child organise their feelings
- Enjoy your relationship with your child more fully
- Help them in feeling secure both now and in the future

‘Circle of Security’ is an internationally recognized parenting program that focusses on building attachment security. Children with secure attachment have increased empathy and self-esteem; better relationships with parents and peers; enhanced school readiness and an increased capacity to handle their emotions.

Enquiries to Santina on 8210 8200/ sgreen@centacare.org.au

www.centacare.org.au
From Pre-school to Pre-cool

Parenting is the most important and demanding job on earth. This course is an opportunity to take time-out to reflect with other parents. By learning about the developmental tasks of the 4-8 year old, individual temperaments and connective communication you will take away new understandings and ways of responding that will help your child feel accepted even when they can’t have what they want!

The course will also cover:

- Helping your child with transitions - starting school
- Helping kids problem-solve - dealing with siblings
- Building resilience and self-esteem
- Celebrating parenthood - self-care
Connecting with your pre-teen

The onset of puberty is occurring earlier for most kids. Parents are concerned that technology and media are pushing children to grow up too quickly. Where do we set the boundaries? This course gives parents an opportunity to share with others whilst learning ways to stay connected with your child. Research is showing that this connection is the most protective factor in children being able to thrive in the pre-teen years and beyond.

The course will also cover:
- Transition to high-school - friendship issues, homework
- Balancing the child’s needs with other members of the family - the pull toward independence
- Building a positive self-image in ourselves and our children

Comments from participants:
- “Excellent kernels of wisdom each week - tangible ideas to work with at home “ (Helen)
- “Very informative. Gave me easy tools to use and an insight into self and how this impacts on relationships.” (Anne-Marie)
Inside his head
(Understanding Teen boys)

Based on the research and book by Celia Lashlie “He’ll be Ok.”

What do boys think about?
- School
- Girls
- The future
- Sport
- Their parents
- Drugs/Alcohol

Consider the important roles that Mum and Dad play in the life of their teen son

Explore the development needs of Adolescent boys
- What does that mean for parenting?
- What might it mean for their education?
Inside her head
(Understanding teen girls)

What’s in the mix for our teen girls?
- Independence
- School
- Family relationships
- Boys
- Homework and study
- Friendships
- Technology
- Drugs and alcohol
- Parties
- Body image
- Dating
- Identity

Explore the stages of development needs of teenage girls.
What does that mean for us as parents?
Consider the important roles mum and dad play in the lives of teen girls.

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Who’s in Charge?

A seven week course for parents whose children are abusive towards them. The course is for parents of children aged between 8 and 18 who feel constantly challenged by their children’s behaviour.

The course is based on the work of Eddie Gallagher and aims to:
- Reduce parents’ feelings of isolation
- Challenge parent’s feelings of guilt
- Create belief in possibility of change
- Clarify boundaries of acceptable and unacceptable behaviour.
- Examine strategies for creating meaningful and practical consequences for unacceptable behaviour.
- Reinforce progress and provide emotional support while they attempt to become more assertive parents.
- Explore anger, both children’s and parents’
- Develop safety plans for families and
- Help parents to look after themselves

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When your kids push your buttons

All parents get their buttons pushed by their children. We open our mouths and out come those words we swore we would never say.

This six week course will help parents stop the action/reaction cycle by:

- Identifying their buttons
- Discovering the root of their child’s behaviour
- Understanding why their children push their buttons
- Learning how to defuse them and regaining authority to parent
Bringing up great kids

Three workshops for parents and caregivers of children 0 to 8 years of age

These workshops aim to give parents the opportunity to explore emerging and developing relationships in their families by:

- Promoting family wellbeing
- Identifying strategies that promote harmony in families and
- Increasing possibilities for connection between parents and their children
Talking so kids will listen

There are two versions of this workshop offered. One is for teens and the other for younger children. Both explore the skills associated with successful communication for parents. This includes how we listen, as well as what we say. Both workshops consider the importance of assisting children to develop emotional intelligence as part of successful communication.

Sibling Rivalry

Over two hours we explore the dynamics, impact and ideas for managing this all too common family experience. We consider the developmental needs of each child and the impact that this may have on their relationship with siblings.
Managing strong feelings

‘Anger’ is often the label given to a range of complex emotions displayed by children. The course explores what anger is for our children and ways to assist them to deal with strong emotions.

Self Esteem

Conventional wisdom suggests that children with high self-esteem will become successful adults. This session explores the concept of self-esteem and provides practise at managing levels of self-confidence for all members of the family.
Stretching the strings

A one-off session which gives parents strategies for leaving their child in professional care. Developmental stages and separation anxiety will be discussed.

Developing Resilience

Resilience has been described as the ability to bungee jump through life. This session identifies family strengths - both yours and your child’s.

Participants look at the characteristics that resilient people use to cope with life’s stresses and challenges. The session identifies a ten point plan to encourage resilience in families.
Cyber Safety

An opportunity for parents to learn about the technology their children are using and to identify ways to keep their children safe. BHIMBGO - come along if you are not sure what that means!

Strengthening Families

A two hour session that assists families to identify their important rituals and gain ideas to develop new traditions to increase family connection.
Getting a grip on Grand-parenting

Have you ever wanted to know more about:

- child development and impact on behaviour
- discipline and grandchildren
- setting boundaries and effective communication
- technology and cyber safety
- self-care
- accessing community resources

Supporting your child through Year 8

Many young people find starting high school a confusing and scary time. Young teens are faced with a combination of school system changes, social changes and normal developmental changes which can challenge even the well-adjusted student. Parents might also find this a stressful and confusing time. This two hour session assists parents in supporting their young people through this important year.
Supporting your child through Year 12

Year 12 will possibly be one of the most challenging periods of your young person’s life and while you can’t do the assessments for them you can support them and help them to reach their full potential. This two hour session offers parents tips on how to be a support person for your student, taking in study commitments as well as health and wellbeing issues in order to create a balanced approach to this important year.
For Schools

Centacare has been working with schools for many years to provide sessions for both students and parents covering a wide variety of topics.

Young people are faced with many challenges as they develop. Our education team can assist schools to facilitate learning around issues such as dating and relationships. Topics like this are important for young people as it is during adolescence that we learn the skills that allow us to form safe and respectful ongoing relationships.

We are happy to work with schools to design programs that will meet the particular needs of the school community, or if you would like one of the existing programs offered to your school community, that can be arranged as well.

Fees and Bookings

Education programs are affordable and accessible. Fees can be negotiated with the Manager of the team and waived in some circumstances.

To enquire or book a course, please contact the Manager of Family Relationships Education on 8210 8200.