

Happy Families - Tips for Parents



Starting Thursday 31st May at Risdon Vale Primary

9am - 11am

Register with office staff or Jacqui Cruse by Monday 28th May

Open to **ALL** Risdon Vale Primary School's Parents and Carers. Happy Families runs for one morning per week for 6 weeks and is an informal opportunity to chat about the rewards and challenges of parenting. Relax, have some time to yourself, enjoy a cuppa and morning tea with other parents and carers.

The sessions are run by Jan Bindoff who has had many years of experience working with families. Jan can provide up to date information on all areas of raising children. Jan has worked with groups of parents at our school in the past.

This is what some parents have to say about Happy Families...

Tianna - During my experience with Happy Families I learnt many great techniques to better my parenting. The sessions with Jan and other parents were always fun, positive and relaxing. Everyone felt comfortable to discuss whatever was on their mind without feeling judged. I always learnt something new every session, be it about food, behaviour or routines. We learnt about how a child's brain works compared to an adults and we were given the option of taking games home to play to help us interact with our children in positive ways.

Kim – So much handy information gained in these sessions. Great tips for working through different situations with kids emotions. Highly recommend this course. Food was good too...

Mel - Jan & the Happy Families course gave me so much insight into my own behaviours as well as my child's and gave me many tools to handle some really tricky elements of parenting such as moods and fussy eating. I also learned some self-care strategies & made friends with other parents. It was comforting to know we all have our joys & stresses as parents. The snacks were delicious too.

Past participants are welcome to attend this course again.

Child Care can be provided in the Kindergarten but is limited. If you require Child Care you will need to register your interest early. You can do this by contacting the school office or Jacqui Cruse.