



Child and Youth Community Health Service

Ellen Barron Family Centre

Parent Education Program

The below table provides an example of parent education sessions offered at the centre. Sessions are planned weekly, according to client needs and ages of babies/toddlers at the centre. Times are displayed daily on the whiteboard in Lounge Two.

Understanding sleep	Education and information on sleep patterns, behaviour and basic sleep physiology for babies and children.
Getting yourself ready for settling	An opportunity to introduce some techniques which can assist parents in getting ready for settling and reducing stress levels whilst making changes.
Responding to your child	Explores how babies/children communicate their needs and how parents respond to these needs. Also looks at the importance of a strong positive relationship with your child.
Nutrition	Various information sessions that cover topics such as infant feeding, introducing solids for babies and tips for feeding toddlers and children.
Circle of security	Information for parents about the importance of building secure relationships with their children.
Adjusting to parenthood	An opportunity to discuss the myths and realities of parenthood, identify how parenthood has changed your life and strategies to cope with the change.
Toddler behaviour	Various topics on understanding toddler behaviour including ways to promote toddler's development through play and activities.
Play group	Activities with families aimed at promoting development and interaction with their child through play, movement and music.
Dad's shed	An opportunity for fathers to meet in a relaxed group setting to share experiences, talk about the realities of becoming a parent and discuss changes in family life.
Managing stress	This session explores the effects of stress and discuss tips to better manage daily stresses.
Relaxation	An opportunity for parents to participate in a relaxation session and to learn some relaxation techniques.
Tapping to relieve stress and anxiety	Learn how to apply a simple technique that involves tapping on acupressure points to relieve stress and anxiety.
Mindfulness	Mindfulness is the practice of being present and attending to the current moment. Learn how to be more mindful in everyday life and how to engage in mindful parenting.
Infant massage	Learn about the benefits of infant massage and practice massage strokes under guidance of a nurse. For parents and babies aged up to six months.
Medical talk: Q & A	Topics can include common childhood illnesses, care of a sick child, how to manage common conditions at home and when to seek medical assessment.
Safety in the home	Focuses on child safety risks in relation to child development and accident prevention strategies for babies and young children.