

South West Metropolitan Parenting Service provides parenting programs and workshops to families with children aged between birth to 18 years living in Cockburn, East Fremantle, Fremantle, Kwinana, Melville and Rockingham.

Circle of Security Parenting

Circle of Security is an early intervention workshop for parents and carers that concentrates on the relationships which give children emotional support. Our trained Facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem

1-2-3 Magic & Emotional Coaching

1-2-3 Magic & Emotional Coaching is a parenting workshop which gives parents and caregivers a simple and effective approach to discipline in 2 - 12 year olds. It provides parents with the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

Engaging Adolescents

Engaging Adolescents is a two session program for parents and carers that covers parenting skills and resolving teenage behaviour problems. Our trained Facilitators work with parents and care-givers to help them learn:

- Some common ground shared by parents and reasonable expectations to hold about adolescents
- Building relationships with teenagers and making the best of your non-crisis conversations with them
- Skills for tough conversations for handling those problems you just can't ignore

Parenting By Connection

Parenting By Connection is a parenting program which teaches simple but effective ways to build and rebuild the parent-child connection. These tools include Special Time, Staylistening, Setting Limits and Playlistening. When children feel connected they will learn readily, and have caring, cooperative relationships with their family, friends and community. It also assists parents to find their way through the challenges of parenting and family life by teaching listening skills and other strategies for getting support for themselves. This program builds healthy families and strong communities.

Parents as Teachers – Discovery Circle

Parents as Teachers – Discovery Circle is a five week parenting education and baby play program for parents and their children aged between 5 and 12 months. The program provides parents an opportunity to develop their parenting skills to be their child's first and most influential teacher.

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Protective Behaviours

Protective Behaviour workshops incorporate both child and parent they promote resilience using empowerment strategies, clear communication and awareness of “safe” behaviours. It is a personal safety program with an aim to prevent child abuse and strengthening the capacity of children, parents and the community in protecting children of all ages.

Triple P- Positive Parenting Program

Positive Parenting Program aims to equip parents with the skills and confidence they need to be self sufficient in managing behaviour issues. It also aims to strengthen positive relationships, attitudes and conduct.

Tuning Into Kids

Tuning Into Kids is a four session parenting program to learn emotional coaching skills to help you recognise, understand and manage your own and your children’s emotions during difficult times. Suitable for parents of children 5 – 12 years

Tuning Into Teens

Tuning Into Teens is a four session program for parents and carers of adolescents aged 12–18 years. This program is designed to provide you with the tools to help your teen develop their emotional intelligence while navigating the challenges of their transition into adulthood.

Tweens to Teens

Tweens to Teens is a 3 session evidenced informed parenting program based on emotional intelligence and attachment theories. This course has been designed to help parents support their adolescents transitioning into high school.

Bringing Up Great Kids

Bringing Up Great Kids is a 6 session program for parents with children birth to 18 years. This parenting program encourages parents and carers to become more reflective and mindful in their parenting approach such as:

- the origins of parenting styles and how it can be more effective
- identifying important messages to convey to children and how to achieve this
- brain development in children and its influences on thoughts, feelings and behaviour
- understanding the meaning of children’s behaviour
- ways for parents to take care of themselves and to find support when they need it.

For more information please email: SouthWestMetroParenting@meerilinga.org.au

Or contact the following services:

Cockburn: Cockburn Parenting Service - 94113855

Kwinana and Rockingham: KEYS Parenting Service - 94391838

East Fremantle, Fremantle and Melville: Meerilinga Parenting Service - 93312211

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