

Self Paced Learning with Meerilinga Parenting Service

The information you need – when you need it - online, self-paced, audio and video resources

Positive Childhoods Podcast

<https://www.childrensweekwa.org.au/resources/podcast/>

The podcast features

- Goya Zheng from Sing and Grow music therapy
- Sarah Quinton, Development Executive at the Valuing Children Initiative
- Ed Gonzalez, The Bridge Project: Dads
- Robyn Monro Miller, CEO Play Australia
- David Zarb, CEO PlaygroupWA
- Nola Allen, early literacy expert
- Dr Daniel Moss, Emerging Minds
- Dr Kelsie Prabawa-Sear – Nature Play WA
- Veronica Metcalf – Anat Baniel Method Neuro Movement
- Emma Cross – Curtin University
- Thomas Docking and Alan Wolfe – Dads Group
- Carole Parker – Accredited Dietician
- Dr Emma DeCicco – BPsych, Psy.D, MAPS
- David Walker – Community Fathering WA, The Fathering Project
- Devinder Singh – Creative Director/Podcasting Hub Australia, Strategic Advisor for Disability Services

PlayTime videos

<https://www.childrensweekwa.org.au/resources/videos/>

- Eight 5-10 minute videos to help you bring more play and laughter into your day
- Featuring songs and games to help with tricky times and transitions

Webinar Recordings

Request access by emailing belynda.smith@meerilinga.org.au

- Partnering Well in Parenting
- Help Your Child Listen and Cooperate
- Support Your Baby's Growth with Play
- Help Your Toddler Use the Potty
- Help your Child with Separation Anxiety
- Supporting Sibling Bonds
- Positive Screen Use for Tweens
- Reaching Your Teen and Building Your Bond
- Tough Conversations with Children
- Mindfulness for Mums, Dads and Carers
- Self Care for Mums, Dads and Carers
- New Mums, Dads and Carers
- Tools for Anxiety
- Bilingual Families – 2 x Harmony Week Webinars

