



HELPING OUR TODDLERS, DEVELOPING OUR CHILDREN'S SKILLS (HOT DOCS)

7-WEEK GROUP PARENTING PROGRAM

This program is evidence-based and supportive, offering parents a problem-solving approach for everyday behaviour problems. The program is being offered by the **Parent-Child Research Clinic at UNSW** as part of a research study investigating the impact of the program on Australian parents' experiences.

You will learn to:

- Understand your child's development and how children learn
- Adjust your daily routines and rituals to create a more peaceful home
- Trouble-shoot common challenges in parenting young children
 - Use pro-active strategies to improve challenging behaviour
 - Feel less stressed and more competent as a parent

	Learn about...	How to...
Week 1	Early childhood development	Improve your relationship by catching your child being good
Week 2	Establishing effective routines and rituals	Manage transitions between activities
Week 3	Understanding challenging behaviour	Communicate calmly under pressure
Week 4	Preventing problem behaviour	Give clear and effective directions
Week 5	Teaching children new skills	Teach your child to wait, share, and take turns
Week 6	Developing problem-solving strategies to suit your family	Introduce effective consequences for children's behaviour
Week 7	Managing parent stress	Take time for yourself

This program is suitable for **ALL** parents and caregivers of children 18 months to 5 years old (inclusive)

Classes run over 7 weeks, and each class is 2hrs
Please contact us for dates and times

REGISTER YOUR INTEREST NOW!

Email: parentprogram.unsw@gmail.com

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