



# 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 run by the **Parent-Child Research Clinic at UNSW**.

### 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...
<b>Week 1</b>	Early childhood development	Improve your relationship by catching your child being good
<b>Week 2</b>	Establishing effective routines and rituals	Manage transitions between activities
<b>Week 3</b>	Understanding challenging behaviour	Communicate calmly under pressure
<b>Week 4</b>	Preventing problem behaviour	Give clear and effective directions
<b>Week 5</b>	Teaching children new skills	Teach your child to wait, share, and take turns
<b>Week 6</b>	Developing problem-solving strategies to suit your family	Introduce effective consequences for children's behaviour
<b>Week 7</b>	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](mailto:parentprogram.unsw@gmail.com)

Phone: (02) 9385 0376

*On-the-spot Medicare & Health rebates offered*



**HOT DOCS**



**UNSW**  
SYDNEY



**Parent-Child**  
RESEARCH CLINIC