



Further Information and how to register

All sessions run in the evening with registrations starting from **7pm** and presentations running between 7.30pm and finishing by 9:30pm.

Forums are run in the Waratah Room at Council's **Whitehorse Centre**, located at the rear of 379-397 Whitehorse Road, Nunawading.

Council delivers our forums at a low cost to families. We only ask that you provide a **\$2 donation** per person on the night. This donation goes back to the Whitehorse community when we make a financial contribution to local child, youth or family organisation to support their work.

Council's Parenting Information Forum Program has grown over the years and sessions are very popular. It is essential that parents, grandparents and carers register their attendance through our **online booking system**, which will open approximately four weeks prior to the forum date.

To request additional access support including interpreting please contact Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au

Bring notepad and pen to take notes.

Please note we are unable to accommodate children in these forums.

To book, visit www.whitehorse.vic.gov.au/Parenting-Information-Forum-Program.html and click Book Here.



Acknowledgement of Country

In the spirit of reconciliation, Whitehorse City Council acknowledges the Wurundjeri people as the traditional custodians of the land. We pay our respects to their Elders past and present.

Contacting Council

Postal Address: Whitehorse City Council
Locked Bag 2
Nunawading Delivery Centre 3131

Telephone: 9262 6333
Fax: 9262 6490
NRS: 133 677 then quote 9262 6333
(Service for deaf or hearing impaired people)

TIS: 131 450
(Telephone Interpreter Service. Call and ask to be connected to Whitehorse City Council)

Email: customer.service@whitehorse.vic.gov.au
Website: whitehorse.vic.gov.au

Service Centres: **Whitehorse Civic Centre**
379-397 Whitehorse Road
Nunawading 3131

Box Hill Town Hall Service Centre
Box Hill Town Hall
1022 Whitehorse Road
Box Hill 3128

Forest Hill Service Centre
Shop 275, Forest Hill Chase Shopping Centre
Canterbury Road
Forest Hill 3131

The information in this brochure is subject to change.

For further information about the Parenting Information Forum Program please visit www.whitehorse.vic.gov.au/Parenting-Information-Forum-Program.html or call Council's Parent Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au

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Parenting Information Forum Program



Supporting Parents,
Grandparents and Carers

2018

What are Parenting Information Forums?

The Parenting Information Forum Program delivers information forums on a range of topics for parents, grandparents and carers of children and adolescents.

Whitehorse Council's Health and Family Services Department invites a range of guest speakers to reflect the diverse range of parenting approaches that individuals, communities and cultures may hold within Whitehorse. The program achieves great outcomes for families, children and young people and reflects Council's belief that effective parenting matters to a child's lifelong development and overall wellbeing.

Preparing children for the transition from kindergarten to primary school

Louise Dorrat
Early Childhood Consultant

Tuesday 27 March

This session will explore questions that parents and carers often ask themselves when preparing for Primary School. Louise Doratt will discuss the importance of the child's social and emotional maturity and aims to explore the answers to questions such as "Is my child ready for school?" and "how do we prepare them?" Louise will also provide practical strategies, including the importance of play to prepare children and their families for a smooth and positive transition to school.

Age Range: 3- 6 years



Parenting in a digital world

Martine Oglethorpe

Tuesday 17 April

As young people become immersed in the Digital world for learning, information, entertainment and socialisation, there can be no denying the role that technology will continue to play in their lives. This session will focus on having the right discussions, putting in place the right boundaries and harnessing proven strategies that will help young people make the best decisions online to avoid the risks, and instead enjoy all the many benefits of a modern world.

Age Range: 8- 18 years

Promoting body safety and protective behaviours in our children

Deanne Carson
Body Safety Australia

Tuesday 22 May

Talking about body safety can feel pretty daunting. Body Safety Australia understands this and supports parents and communities in a sensitive, respectful and light-hearted manner.

Packed with practical tips and strategies to talk with extended family; parents are supported in creating safe environments that reflects their personal values and culture. The forum also challenges myths about abuse and helps parents navigate Real vs Perceived risk.

Age Range: 0-12 years

Positive and effective ways of managing children's behaviours

Sally Ward
Early Life Foundation

Tuesday 19 June

Do you sometimes feel like you just don't know what to do next in your parenting? Do you wonder why your children behave the way they do and what to do about it? This presentation provides an overview of some of the reasons why children behave the way they do and gives some practical strategies for parents to support their children and guide their behaviours in appropriate ways.

Age Range: 0-10 years

Making sense of adolescence and risk taking behaviours

Rod Dungan
Thriving Youth Australia

Tuesday 17 July

Often as a parent it can feel like you're either trying to protect your children from risks within the community or themselves.

What if reducing risks was much easier than you thought? What if it is more about what you do, rather than what you don't?

This approach can help strengthen families, communities and young people and will be explored with time for questions.

Age Range: 8-18 years

Supporting our children with peer relationships and bullying

Michelle Murray
Bully Zero

Tuesday 28 August

Topics covered at this forum will include:

- Bullying definition – what is and is not bullying
- Different types/forms of bullying
- Fact and Australian statistics
- Who is involved? Victim, perpetrator and bystander.
- Role of the upstander
- How to deal with bullying and bullies
- Empathy and respect – online and offline
- Cyber safety
- Where to seek help.

Age Range: 5-18 years

Managing VCE stress

Silvana Lettieri
Headspace

Tuesday 18 September

Year 12 can be a very stressful time for students and their families. Many students feel pressured to do well - to get into certain courses, to please their family, or may be stressed about the uncertainty of what will happen once school ends.

Silvana Lettieri will explore practical strategies and discuss the importance of being able to talk to, understand and recognise what is a normal experience, what is useful healthy stress and how to support your child.

Age Range: 15-18 years



Surviving high school

Sharon Witt

Tuesday 16 October

Entering high school can be overwhelming for both parents and their child. It is a huge time of change, and coupled with the fact that starting high school often coincides with the onset of puberty; it can be quite challenging. During this presentation Sharon Witt will cover the basics of what parents must know before their child enters high school and how they can help their child transition well into secondary school.

Age Range: 8-13 years

