

Community News

Term 4 After School Enrichment Classes

JUNIOR ROBOTICS
using LEGO® Education WeDo 2.0

MISSION 2 SPACE

EV3
Fun with Science

Bricks 4 Kidz

using LEGO® MINDSTORMS® EV3

ROBOTICS
using LEGO® MINDSTORMS® EV3

West Leederville Primary School

Term 4 Every TUESDAY starting 22 Oct 2019 to 10 Dec 2019

Select **After School Classes**

www.Bricks4Kidz.com.au/Perth-Karrinyup

✉ Rachel.Koo@Bricks4Kidz.com

☎ 0415 829 511

PARENTING COURSES

West Leederville (and Midland)

October 2019

Dads Raising Teenage Boy Tues 22 Oct 6.30-9pm \$30 p/person

This session is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Building Stronger Families x 6

Thurs 24 Oct-28 Nov 6.30-8.30pm \$80/\$120 p/family

Building and nurturing a family can seem a daunting task. But all families have their good times and their hard times. This course is for both parents and their children aged 10 and over – inclusion is the key. Over the course of 6 weeks we will look at what it takes to make the good times happen. We will also practice skills such as cooperation, problem-solving and relating respectfully to help you go through the hard times. Skills such as these will help to strengthen your family.

Mums Raising Boys Mon 28 Oct 6.30-9pm \$30 p/person

Mothers play a vital part in developing their son's identity, including their ability to be nurturing. This session includes building confidence and competence in sons and setting boundaries.

Dads Raising Boys (MIDLAND) Tues 29 Oct 6.30-9pm \$30 p/person

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Family Patterns x 6 Thurs 31 Oct-5 Dec 6.30-9pm \$110 p/person

This 6 week course explores the impact of our early family life on current patterns of closeness, affection, stress management, communication, displays of love and other emotions and conflict management. Becoming aware of these patterns enables us to move beyond them so that the present and future are not anchored in the past.

Places are limited – please contact (08) 6164 0239 to register today

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.



JOIN OUR CLUB



FLOREAT SLSC SEASON STARTS
SUNDAY 27 OCTOBER 2019



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For parents
of 2 - 12 yo



behaviour[®] tonics presents

1-2-3 Magic[™] and Emotion Coaching

To help parents manage difficult behaviour in children 2 to 12 yrs

A **humorous** look at parenting, a **serious** look at discipline!

To help manage difficult behaviour in children, calmly and effectively. Learn how to use empathy so kids begin to identify their emotions and become better at managing them. This enables them to take more responsibility for their own behaviour.

Behaviour Tonics Rooms, 352D Cambridge St, Wembley

Presented over 3 sessions. Cost \$180 per person or \$340 per couple. 7 to 9pm

Held over 3 Monday evenings of
28th Oct, 4th & 11th Nov

OR

25th Nov, 2nd & 9th Dec 2019

You will learn:

- The two approaches to parenting.
- How to discipline without arguing, yelling or smacking
- How to handle kids testing behaviour.
- How to show empathy while developing emotional intelligence in your child.
- How to teach and encourage positive behaviour, social skills and independence.
- How to strengthen the relationship with your child.
- How to control obnoxious behaviour.

What people are saying...

- An end to the yelling and arguing!
- It saved our lives
- Simple, sane, effective
- What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember at those times when memory is the first thing to go



For more information about this workshop call (08) 9285 8100 or
(Register Online) at www.behaviourtonics.com.au



No Scaredy Cats Parent Course

Reducing anxiety and building resilience skills in 2 -12 year old's

Wed 30th Oct, 6th & 13th Nov

OR

Tue 12th, 19th & 26th Nov,

7- 9pm

Behaviour Tonics, 352D Cambridge St, Wembley (entrance off Simper).

\$180pp or \$340 for 2.

PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.



behaviour[®]
tonics

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