

All things Parenting

West Leederville

July 2019

WEST LEEDERVILLE BRANCH

Mums Raising Boys

Mon 1 Jul 6.30-9pm \$30 per person

Mothers, who are usually their son's primary female role model, 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.

Fathering after Separation

Tues 2 Jul 6.30-9pm \$30 per person

It's important for fathers to distinguish between their parenting role and their relationship break-up. This session will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

Dads Raising Girls

Wed 3 Jul 6.30-9pm \$30 per person

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self-esteem. This can often affect how their daughters relate to others, particularly to boys and men in the future.

Successful Single Parenting

Wed 24 Jul 6.30-9pm \$30 per person

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two-parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. *(Those still going through a relationship breakdown are advised to attend Parenting after Separation first.)*

Mums Raising Teenage Boys

Mon 29 Jul 6.30-9pm \$30 per person

For teenage boys the relationship they have with their mother has long term implications and this is at the heart of this session. This includes how they relate to others, particularly to girls and women.

Emotion Coaching your Child

Tue 30 July 6.30-9pm \$30 per person

After many decades of research it has been found that one of the most useful skills and awareness a parent can give is 'emotional intelligence'. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

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