



Parent Education Sessions

Venue: The Maternal and Child Health Centre
Cost: Free
Contact: Your Maternal Health Nurse

Managing Sleep problems in Babies

This interactive session is for parents of babies aged 6-12 months. Topics covered include identifying the cause of sleep issues, eliminating habits that reinforce sleep problems and troubleshooting some of the common problems associated with sleep problems.

Enjoying Your Terrific Toddler

This interactive session is for parents of children aged between 18 months and 3 years. Topics covered include toilet training, fussy eating and managing difficult behaviours, such as tantrums, sibling rivalry, and aggressive behaviour.

St John's "Kids First" Course

In this course St John's Ambulance will provide information and guidance to parents and cares to help prevent injury to children. They will give the knowledge and skills required for basic first aid and emergency care to children.

There is a fee for this course.

