



Newsletter

Volume 4 - Term 1 - 2026

Principal's address

Dear Parents and Caregivers,

ANZAC Commemoration – 24 April

Our school will hold an ANZAC Commemoration on Friday 24 April as we come together to honour the courage, sacrifice and service of the Australian and New Zealand men and women who have served our country.

This is an important opportunity for our students to reflect on the values of respect, mateship and remembrance. The ceremony will include student contributions and a moment of silence to pay our respects.

We warmly invite families to join us in commemorating this significant occasion.

End of Term 1

Today marks the end of Term 1, and what a wonderful and busy term it has been! We would like to thank our students, staff and families for their ongoing support and commitment throughout the term.

We hope everyone enjoys a well-deserved break and takes the time to relax, recharge and spend time with family and friends. We also wish all members of our community a very Happy Easter.

We look forward to welcoming everyone back for Term 2 on Tuesday 21st April.

Laser Tag Reward – Celebrating Our Values

Students who consistently demonstrated our school values were recently rewarded with an exciting Laser Tag experience to celebrate their efforts and achievements.

This reward recognised those who showed commitment to our values both in and out of the classroom, including respect, responsibility and positive behaviour. It was fantastic to see students enjoying themselves, working as a team and celebrating their personal best in such a fun and engaging way.

We are very proud of these students and the way they continue to contribute positively to our school community.

Dates to remember

Thursday 2 April

Last day of term 1

Personal Best Reward Day

Laser Tag Yr 1 – Yr 6

Newsletter Room 7

Tuesday 21 April

Students Resume - Term 2

Term 2 - Dance Till You Drop

Tuesday's & Thursday's

Friday 24 April

ANZAC Assembly – 9am

Monday 27 April

ANZAC DAY – Public Holiday

Ashburton Drive Primary School

6 Nullagine Way
Gosnells WA 6110
9234 6300

AshburtonDrive.PS@education.wa.edu.au

School hours

Start: 8:45am

Recess: 10:55am – 11:15am

Lunch: 1:15pm – 1:45pm

Final bell: 2:45pm

Dance Till you Drop

Student dance lessons will start Term 2! Students are very excited to learn their new routines and present them at our Open nights later in the term.



Dance Till You Drop Timetable - Term 2

TUESDAY			THURSDAY		
Time	Room	Year Level	Time	Room	Year Level
8:55am – 9:25am	Setup	-	8:55am – 9:25am	Setup	-
9:25am – 9:55am	Room 6	2	9:25am – 9:55am	Room 7	2 & 3
9:55am – 10:25am	Unit 4	PP	9:55am – 10:25am	Unit 3	PP
10:25am – 10:55am	Room 13	5	10:25am – 10:55am	Room 9	3
RECESS			RECESS		
11:15am – 11:45am	Room 17	6	11:15am – 11:45am	Room 18	6
11:45am – 12:15pm	Unit 1A & Unit 2	K	11:45am – 12:15pm	Unit 1B	K
12:15pm – 12:45pm	Room 10	1	12:15pm – 12:45pm	Room 14	5
12:45pm – 1:15pm	Room 16	4	12:15pm – 12:45pm	Room 15	4
LUNCH			LUNCH		
1:45pm – 2:15pm	Room 12	2	1:45pm – 2:15pm	Room 11	1
2:15pm – 2:45pm	Room 8	3	2:15pm – 2:45pm	Room 2	PP & 1

Avenues for Information

Please stay up to date with the latest information by ensuring you are connected to Connect. Both the Primary School and P&C are on Facebook, please find us there for updates and notices. The school website can be found at

<https://www.ashburtondriveps.wa.edu.au/>

Kind Regards

Heather Fallo
Principal

Term 2 Parent Planner

Our term 2 2026 parent planner is available from our website if you would like to download a copy.

Monday	Tuesday	Wednesday	Thursday	Friday
20 April PD Day	21 April Students Resume	22 April *Kindy - Unit 2A *Kindy - Unit 2A	23 April *Dance Till You Drop *Kindy - Unit 1B	24 April *NAKDOC Assembly *Kindy - Unit 1B *Newsletter - Room 16
27 April ANZAC DAY	28 April *Dance Till You Drop *Kindy - Unit 2A	29 April *Kindy - Unit 1B	30 April *Dance Till You Drop *Kindy - Unit 1B	1 May *Kindy - Unit 1B
4 May *Kindy - Unit 2A	5 May *Dance Till You Drop *Mother's Day - ECC *Kindy - Unit 2A	6 May *Kindy - Unit 2A	7 May *Dance Till You Drop *Kindy - Unit 1B	8 May *Kindy - Unit 1B *Newsletter - Room 14
11 May *Kindy - Unit 2A *Kindy - Unit 2A	12 May *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	13 May *Kindy - Unit 1B	14 May *Dance Till You Drop *Kindy - Unit 1B	15 May *Kindy - Unit 1B
18 May *Kindy - Unit 2A *Kindy - Unit 2A	19 May *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	20 May *Kindy - Unit 2A	21 May *Dance Till You Drop *Kindy - Unit 1B	22 May *Kindy - Unit 1B *Newsletter - Room 17
25 May *Kindy - Unit 2A *Kindy - Unit 2A	26 May *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	27 May *National Simultaneous Storytime 2025 - Lunch *Kindy - Unit 2A *National Recognition Week 27 May - 3 June	28 May *Dance Till You Drop *Kindy - Unit 1B	29 May *Kindy - Unit 1B
3 June WA DAY	7 June *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	8 June *Kindy - Unit 2A	9 June *Dance Till You Drop *Kindy - Unit 1B	10 June *Kindy - Unit 1B *Newsletter - Room 11 *Assembly - Room 6 & 7
8 June *Kindy - Unit 2A *Kindy - Unit 2A	9 June *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	10 June *Kindy - Unit 2A	11 June *Dance Till You Drop *Kindy - Unit 1B	12 June *Kindy - Unit 1B
15 June *Kindy - Unit 2A *Kindy - Unit 2A	16 June *Dance Till You Drop *Kindy - Unit 2A *Kindy - Unit 2A	17 June *Kindy - Unit 2A	18 June *Dance Till You Drop *Kindy - Unit 1B	19 June *Kindy - Unit 1B *Newsletter - Room 13
22 June *Kindy - Unit 2A *Kindy - Unit 2A *School Photos Day 1	23 June *Dance Till You Drop Concert @ 3:00pm TBC *Kindy - Unit 2A *Kindy - Unit 2A	24 June *Kindy - Unit 1B	25 June *Dance Till You Drop Concert @ 3:00pm TBC *Kindy - Unit 1B	26 June *Kindy - Unit 1B *School Photos Day 2
29 June *NAKDOC Week - 5-12 July *Kindy - Unit 2A *Kindy - Unit 2A	30 June *Kindy - Unit 2A *Kindy - Unit 2A	1 July *Kindy - Unit 2A	2 July *Kindy - Unit 1B	3 July *Last day of term 2 *NAKDOC Assembly *Kindy - Unit 1B *Newsletter - Room 2 *Assembly - NAKDOC

Connected Community School Trial

Ashburton Drive Primary School is a place where relationships truly matter – between students, families and staff – and this has always been one of our greatest strengths.

As we move into Term 2, we are also looking forward to expanding our partnerships through the Connected Community School trial. We are currently working alongside Communicare to host the “My Playschool” program. This Telethon-funded program is a free 7-week early education program designed for families from diverse cultural backgrounds with children aged 3–5 years. The program offers children, together with their caregiver, structured but flexible play experiences that help nurture a sense of safety, build self-confidence, and spark curiosity for learning and connection. If this sounds like something your family might be interested in, please come and have a chat with us. Registration details will be shared soon.

For our older students, the Clontarf Foundation will also be visiting the school to run some mentoring sessions during the term. We are sure the students will really enjoy this opportunity.

A reminder that Vy Baurhoo is our full-time school social worker. Vy is a wonderful source of knowledge and support, so if you are looking for guidance or assistance, please feel free to have a conversation with her. She will happily help connect you with the most appropriate support services if needed. Just ask for Vy at the school office.

As we continue with this trial, we will keep listening, learning and adapting. We warmly welcome your feedback – both on how the trial is progressing and on what you would like to see in the future. If you have a spare ten minutes, please pop into the Connected Community office and have a chat.



Green Block



Strickland Block



Draffen Block

Aussie of the month



Medallion Award



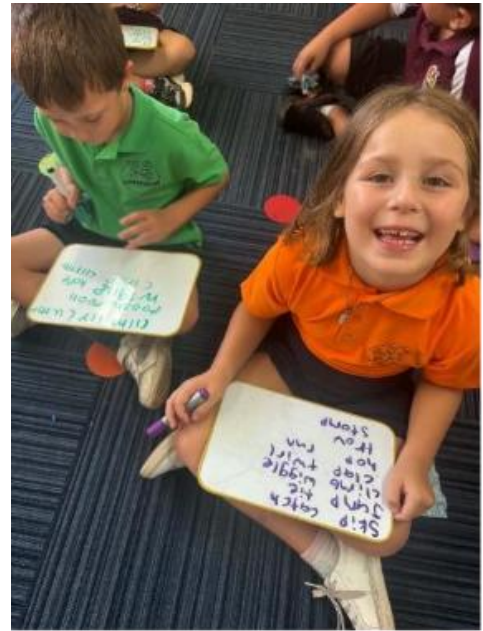
Merit Certificate Winners Week 8

Tyler	Khyle
Freya	Jochebed
Avaneesh	Adnan
Nayel	Kiara
Ronald	Grace
Imraan	Milla
Zacariah	Lewis
Savannah	Andrew
Alirah	Harlie
Jahmarlee	Maverick
Hunter	Charlotte
Haizy	Yhuna
Shanice	Awais
Amarrah	Zachary
Abizard	Chelsea
Georgie	Bikramjit
Tyler	Makayla
Liryc	Matthew
Caitlyn	Amrit
Annaliz	



Room 7

Room 7 have been creating digital system models as part of our Digital Technologies unit. Students explored the difference between hardware and software, identifying the problems each component solves in everyday digital systems. They then designed and constructed their own models, thoughtfully representing how different parts work together to form a complete system.



Room 7 have also been working hard in their spelling programmes. Year 2 students have been practising Letters and Sounds to build their phonics, blending, and spelling skills. Year 3 students have been exploring word origins, including prefixes and root words, to understand how meanings change and grow their vocabulary.

P&C News

The P&C would like to wish everyone a very Happy Easter 🐰🥚🥚

We are busy planning the Cookie Dough Fundraiser and the Try before you buy day 🍪🍪

We are still needing members so please feel free to msg me 0431396079 and chat about the fun we have on the P&C.

Have a great school holiday!!

Yvonne

Vice President



THE COOKIE BARREL

About The Cookie Barrel

The Cookie Barrel has been providing scrumptious cookies to the Western Australian cafe scene for more than 20 years. They are well known for providing best quality products and have a proven history.

Quality ingredients ensure an exceptionally delicious taste that everybody enjoys.

Signature recipes to give a great taste once baked (or even eaten raw!) these cookies deliver a delicious mouthful of natural goodness.

When selecting The Cookie Barrel's signature Cookie Dough, you can select one or all of the flavours.

We haven't forgotten your beloved dog either. There is a healthy treat option for all dog lovers.

You can choose from 7 flavours, including their best sellers.

Thank you for supporting your local fundraiser.

COOKIE DOUGH

Uniform shop news

Open every Wednesday 8:30 am to 9:15 am. All sizes are back in stock. Lost property is located outside the library. Please ensure everything is labelled - if it has a name, we can get it returned to you.

Thank you



Gosnells Dental Therapy Centre Dental Health Services

Good Morning, Just letting you know that Gosnells DTC will be closed for the April School Holidays. For emergencies during the School Holidays from 8/04 to 17/04 (8am to 4 pm). please contact Westfield Park DTC : 93908434.

Should an emergency arise after clinic hours or during public holidays please contact the emergency service on 1800 098818 or family dentist or Oral Health Centre of WA on 6457 4400.

Kind Regards

Dental Team.

**Gosnells Dental Therapy Centre
Dental Health Services**

nmhs.health.wa.gov.au

Community News

Tripple P Parent Term 2 Workshops

The online term 2 workshops are now available for families to book in, Please click on the QR code below to register.

- Triple P: Stepping Stones: Positive Parenting for Children with a Disability 11 May, 8-10 pm.
- Triple P: Fear-Less: 12 May, 7-9.30pm.
- Triple P: Developing Mealtime Routines - "Power Hour": 22 May, 12 - 1pm.
- Triple P: Helping Children develop Healthy Screentime Habits: 25 May, 8-10pm.
- Triple P: Developing Bedtime Routines for Toddlers "Power Hour": 5 June, 12 - 1pm.
- Triple P: Raising Confident Capable Children: 8 June, 8-10pm.



CITY OF GOSNELLS

FAMILY ACTIVITIES TERM 2 2026

FREE

TERM 2 PROGRAMS RUN FROM TUESDAY 28 APRIL 2026

Category	Activity	Location	Day	Time	Age Group
BABY PLAY	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	0-2 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	0-2 years
AT THE SHOPS: PLAY AND LEARN	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	3-5 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	3-5 years
AT THE SHOPS: STORY TIME	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	3-5 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	3-5 years
PARK PLAY	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	3-5 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	3-5 years

gossnells.wa.gov.au | 9397 3000 | cityofgossnellschildrenandfamilies

CITY OF GOSNELLS

FAMILY ACTIVITIES TERM 2 2026

PAID

TERM 2 PROGRAMS RUN FROM TUESDAY 28 APRIL 2026

Category	Activity	Location	Day	Time	Age Group
ACKNOWLEDGEMENT TO COUNTRY	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	3-5 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	3-5 years
TUMBLE TOTS	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	0-2 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	0-2 years
CREATIVE KIDS	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	3-5 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	3-5 years
CREATIVE OLDER KIDS	Monday - Huntingdale	Huntingdale Community Centre	Monday	9:30am - 10:30am	6-10 years
	Tuesday - Gosnell	Richard Jackson Community Centre	Tuesday	10:30am - 11:30am	6-10 years

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Child and Parent Centre Gosnells

GOVERNMENT OF WESTERN AUSTRALIA

Autumn Holiday Activities 2026

<p>MONDAY 13 April</p> <p>Learning Language with Jackie: Who Sank the Boat?</p> <p>9.30am-11.00am</p> <p>Ages 3-5 years</p> <p>BOOKINGS ESSENTIAL</p>	<p>TUESDAY 14 April</p> <p>Mums Chill n Chat: Gem Art</p> <p>10.00am-11.30am</p> <p>Come and chill with a cuppa and have a chat with other local Mums while engaging in gem art activity.</p> <p>BOOKINGS ESSENTIAL</p>	<p>WEDNESDAY 15 April</p> <p>Make Your Own Playdough</p> <p>10.00am-11.00am</p> <p>Ages 2-5 years</p> <p>BOOKINGS ESSENTIAL</p>
<p>THURSDAY 16 April</p> <p>Autumn Playgroup</p> <p>9.30am - 11.00am</p> <p>Ages 0-5 years</p> <p>No bookings required</p>	<p>TO BOOK: For Learning Language with Jackie, Mums Chill n Chat and Make Your Own Playdough, please email cpcgossnells@centrecare.com.au with the following information: your name, your children's names and ages, suburb you live in and a contact phone number. We will confirm your booking via return email.</p> <p>VENUE: Child and Parent Centre - Gosnells 173 Hicks Street (entry via Gate 9 in Clara Street) Gosnells</p>	

Supported by:

In partnership with:



2026 What's On

South East Metro Parenting Support Service

Programs for Parents and Carers of children 0-18 years living in the South-East Metro area

Term 2 Parenting Program	
<p>April</p> <p>Young Active Parents Program</p> <p>Tuesdays</p> <p>7 April - 30 June 2026</p> <p>9.30am - 11.30am</p> <p>Communicare</p> <p>28 Cecil Avenue</p> <p>Cannington</p> <p>parenting@communicare.org.au</p> <p>www.trybooking.com/CNIEE</p>	<p>Circle of Security® Parenting</p> <p>Thursdays</p> <p>30 April - 18 June 2026</p> <p>6.30pm - 8.30pm</p> <p>Online (Zoom)</p> <p>parenting@communicare.org.au</p> <p>www.trybooking.com/DKQLG</p>
<p>May</p> <p>Circle of Security® Parenting</p> <p>Fridays</p> <p>1 May - 19 June 2026</p> <p>9.30am - 11.30am</p> <p>Woodlupine Family Centre</p> <p>88 Hale Road</p> <p>Forrestfield</p> <p>parenting@communicare.org.au</p> <p>www.trybooking.com/DKQLP</p>	<p>Let's Talk Toddlers</p> <p>Tuesday</p> <p>5 May 2026</p> <p>12.30pm - 2.30pm</p> <p>Meerlinga Children and Community Services</p> <p>104 Edney Road</p> <p>High Wycombe</p> <p>parenting@communicare.org.au</p> <p>www.trybooking.com/DKQMK</p>
<p>Tuning in to Kids®</p> <p>Wednesdays</p> <p>13 May - 17 June 2026</p> <p>12.30pm - 2.30pm</p> <p>East Maddington Child and Parent Centre</p> <p>79 Pitchford Avenue (opp 171 Westfield St)</p> <p>Maddington</p> <p>cpceastmaddington@centrecare.com.au</p>	<p>Raising Children in a Digital World</p> <p>Wednesday</p> <p>13 May 2026</p> <p>6.30pm - 8.30pm</p> <p>Southbank Montessori</p> <p>265 Berwick Street</p> <p>East Victoria Park</p> <p>parenting@communicare.org.au</p> <p>www.trybooking.com/DKPCB</p>

Community News

May	
Setting Boundaries Thursday 14 May 2026 12.30pm - 2.00pm Westfield Park Child and Parent Centre 11 Hemingway Drive Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPGO	 All About Sleep Friday 15 May 2026 10.00am - 11.30am Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com
Raising Babies & Toddlers in a Digital World Monday 18 May 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPSC	 Circle of Security® Parenting Wednesdays 20 May - 1 July 2026 9.30am - 11.30am Victoria Park Community Centre 248 Gloucester Street East Victoria Park ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPHR
Raising Children in a Digital World Monday 25 May 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIK	 Kids and Anxiety Tuesday 26 May 2026 12.00pm - 2.00pm Minnawarra House 24 Numulgi Street Armadale ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIR
Let's Talk Toddlers Tuesday 26 May 2026 12.30pm - 2.00pm Online (Microsoft Teams) ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPJA	 Grow them Up Thursdays 28 May - 4 June 2026 12.00pm - 2.00pm Brookman Child and Parent Centre 26 Brookman Avenue Langford ☎ cpcbrooman@parkerville.org.au

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May	June
Mealtimes and Fussy Eating Friday 29 May 2026 10.00am - 11.30am Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com	'Together Again' Series Tuesdays 2, 9 and 16 June 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIY
Parenting Challenges in a Digital World Monday 8 June 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPKN	 Parenting Across Cultures Friday 12 June 2026 10.00am - 11.30am Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com
Protective Behaviours Monday 15 June 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPLR	 Raising Babies & Toddlers in a Digital World Saturday 20 June 2026 9.30am - 11.00am Canning Bridge Early Learning Centre 113 Roberts Road Como ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKYEX
Parenting after Stressful Events Monday 22 June 2026 9.30am - 11.30am Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPS	 Parenting after Stressful Events Tuesday 23 June 2026 12.00pm - 2.00pm Minnawarra House 24 Numulgi Street Armadale ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPS

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June	
Mindfulness and Self Compassion Friday 26 June 2026 9.30am - 11.30am Woodlupine Family Centre 88 Hale Road Forrestfield ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKQMT	 The Power of Play Friday 26 June 2026 10.00am - 11.30am Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com

The South East Metro Parenting Service (SEMPSS) is a free service for parents and carers of children aged 0 to 18. We're here to support you in your role as a parent, no judgment, no pressure. Just real conversations, practical tools and a team that genuinely cares.

You might like to come along to a parenting workshop, have a one-to-one chat with one of our friendly team, or join a small group to connect with other parents. Whether you're feeling overwhelmed, looking for ideas, or just need someone to talk to, we're here to help.

We cover all kinds of parenting topics including parent-child relationships, attachment, behaviour, communication, emotional regulation, sleep, feeding, toileting, play and development.

We don't claim to have all the answers, but we'll walk alongside you and share strategies you can try in your own way, in your own time.

It's free, local, and designed to support you, because parenting doesn't come with a rulebook.

Join Communicare's online Parenting Community - A safe, supportive online community for local families or if you'd like to find out more or have a chat, we'd love to hear from you.

☎ 08 9251 5777
 ☎ parenting@communicare.org.au



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Program Overviews
All About Sleep (1-session program) For parents and carers of children 0-2 years This workshop helps parents understand how their babies sleep, what patterns are common in the first few months and what a healthy, safe sleep environment looks like. We will discuss what circumstances make it hard for babies to achieve a restful sleep and realistic expectations of baby's development in this ever-changing period of growth.
Circle of Security® Parenting (8-session program) For parents and carers of children 0-5 years Parenting can sometimes feel like a complex puzzle, leaving you wondering what your child truly needs from you. You're not alone in this journey. Every parent experiences moments of uncertainty, and that's where the Circle of Security Parenting Program can make a difference. The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a 'map' to help better read your child's needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills, and strengthen the relationship you have with your child.
Grow them Up (2-session program) For parents and carers of children 3-12 years Parenting children can be the most rewarding and satisfying role many of us will have in our life time. This interactive workshop will help you discover new ways to build your knowledge and skills to motivate your children to achieve their goals, build strong relationships with family and friends and make good decisions in different areas of their life. Come and explore with other parents, topics such as how to improve your child's confidence and social skills, strengthen their values and identity, and create a vision that will help them achieve their dreams.
Kids and Anxiety (1-session program) For parents and carers of children 4-12 years Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.
Let's Talk Toddlers (1-session program) For parents and carers of children 18 months - 4 years This introductory parenting workshop assists parents and carers to better understand their toddler's world. It provides practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.



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Community News

Mealtimes and Fussy Eating (1-session program)

For parents and carers of children 6 months - 2 years
Is your child a fussy eater? Finding it hard to establish a mealttime routine that works?

Join our Mealtimes with Fussy Eaters workshop – a practical, supportive, and educational approach designed to help your child build better eating habits and allow you to rediscover the joy of mealtimes!

Mindfulness & Self Compassion (1-session program)

For anyone parenting children 0-18 years

Dads, mums, step parents, foster carers, grandcarers all welcome.
Most of us are hard on ourselves when it comes to parenting.

Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?

This workshop will look at mindfulness practice and self-compassion, and why they are vital for our well-being and can enrich our parenting.

Parenting Across Cultures (1-session program)

For parents and carers of children 0-18 years

Did you grow up outside of Australia and are now raising children inside Australia?

Meet with other parents in similar situations and share ideas and strategies that will help navigate this change whilst still preserving your family's culture and values.

Parenting after Stressful Events (1-session program)

For parents of children who have experienced stressful or traumatic life events

Have you and your family experienced a stressful event such as loss, separation, divorce, illness, family domestic violence, an accident or natural disaster, relocation or homelessness?

These experiences can be traumatic for children and result in them finding it difficult to cope, withdraw, become aggressive or behave in confusing or unusual ways.

This workshop will help inform and guide parents to better understand the effects that a stressful event/s may have on a child and provide helpful ways to start the healing process.

Parenting Challenges in a Digital World (1-session program)

For parents and carers experiencing complex challenges managing digital technology in the home.
Do you sometimes feel that technology controls every part of your child's life?

We live in a world of screens and devices, which tend to take over our lives and replace other activities. With children this can mean refusing to attend school, family conflict, tantrums and other daily challenges. This program explores the addictive nature of technology, the impact it has on children and how to reclaim the balance of technology and other activities. There will also be time to explore individual family experiences.

Power of Play (1-session program)

For parents and carers of children 0-12 years

Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But, what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriate play environment?

This workshop will highlight the benefit and the value of play and provide parents with creative ways to interact with their child to support their development.

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Protective Behaviours (1-session program)

For parents and carers of children 3-12 years

Equip your child with the language and principles of protective behaviours to develop their personal safety, knowledge and skills.

By sharing protective behaviours with your child, you will be helping to develop life long skills of assertiveness, self-confidence, problem solving, communication, resilience and reaching out for help when needed.

Raising Babies & Toddlers in a Digital World (1-session program)

For parents and carers of children 0-3 years

In today's digital age, technology is an integral part of our lives—and it's increasingly influencing the lives of our children from a very young age.

Our workshop, "Raising Babies and Toddlers in a Digital World," is designed to equip parents with essential tools and strategies to ensure that technology supports, rather than hinders, their child's development.

Additionally, we'll provide guidance on preventing future problems by addressing potential pitfalls early on and offering proactive solutions to support a healthy and balanced relationship between your child and technology.

Raising Children in a Digital World (1-session program)

For parents and carers of children 4-12 years

Join our free program to learn strategies for managing technology in your home and supporting your child's growth in the digital age.

In this program, you'll discover how to:

- Understand the impact of technology on your child's social, emotional, and cognitive development.
- Set healthy screen time boundaries and create a safe digital environment.
- Support your child's digital literacy and online safety.
- Use technology to enhance learning and development, rather than detract from it.

Our facilitators will guide you with practical tips for raising confident, responsible kids in today's tech-driven world.

Setting Boundaries (1-session program)

For parents and carers of children 2-12 years

Setting limits whilst still being a loving parent is an important part of raising responsible children.

This introductory program addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

Tuning in to Kids® (6-session program)

For parents and carers of children 3-12 years

This interactive workshop will help parents and carers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural difficulties.

Tuning in to Kids® is a parenting program that aims to provide helpful ways of teaching children the skills of emotional intelligence.

ADHD WITH ME: WORKSHOP FOR PARENTS WITH ELIZA DADSON



DETAILS

- Tuesday 19th May
- 6:30pm - 8:00pm
- Boulevard Centre (North Room)
The Boulevard, Floreat, WA

Tickets \$35 per person



How to better understand and support your child with ADHD - a workshop for parents with ADHD coach and Educator Eliza Dadson

<https://events.humanitix.com/adhd-with-me-parent-workshop>

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