



Being a Dad

Burnside Library

Thursday 20 June

6.00 pm - 8.30 pm

This session looks at the special role dads play in a child's life to support their well-being and development. It is for any male caregiver providing care for a child.

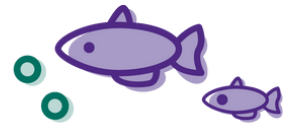
Early Literacy

Burnside Library

Thursday 27 June

6.30 pm - 7.30 pm

An introduction to early literacy providing a range of tips and tools to support language development (0 - 4 years) and choosing the best books for development.



Coping Skills - Building Resilience

Burnside Library

Saturday 11 May

10.30 am - 3 pm

This workshop is full of helpful information with a choice of simple, practical strategies that for both parents and their children.

FiSCH

FiSCH is a program to help you as a family with the tools and information needed to feel safe, secure and confident in your ability to support your child's development.

A series of accessible workshops from local service providers for new parents on topics such as:

- emotional literacy
- social development
- developmental milestones



Bookings essential

To book and for more information about the sessions please visit

www.burnside.sa.gov.au/fisch



Burnside Community Development

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W: www.burnside.sa.gov.au



Parenting Sessions

Mama First

The Corner Room
5 Week Program starting
Tuesday 2 April
Tuesday 7 May
Tuesday 11 June
10.00 am - 11.30 am



Bring your baby along and meet new mums. Topics include nurturing, becoming a mum, sleep, relaxation and baby massage.

Food and Families: The General Toolkit

Burnside Community Centre
Monday 29 April
6.30 pm - 8 pm

This session will focus on eating routines and habits to improve meal times and creating a safe space for food and emotional development. The session aims to reduce stress around feeding.

Food and Families: Introducing Solids

Burnside Community Centre
Monday 6 May
6.30 pm - 8 pm

This session will focus on introducing solids and Baby-led Weaning. The session aims to reduce stress around feeding.

Babies and Children's First Aid

Glenunga Hub
Tuesday 16 April
Tuesday 18 June
5.30 pm - 7.30 pm

Learn the basics of first aid techniques through hands-on practice.

Shake it Up!

Early Childhood Music Group
Burnside Ballroom
Weekly classes during Term 2
Starting 30 April
9.45 am - 10.30 am



During these music and movement sessions learn about nurturing age appropriate developmental skills and the benefits of music time to grow busy bodies, big hearts and creative minds. Families with multiples are encouraged.

Cloth Nappies 101 Workshop

Glenunga Hub
Thursday 11 April
10 am - 11 am

This session focuses on supporting parents in choosing sustainable options. We cover everything from the basics to concerns about cleaning, leaks, stains and more.

Breastfeeding Education Class

Glenunga Hub
Saturday 11 May
1 pm - 4 pm

Are you expecting a new baby or know someone who is? Come to a relaxed, information-packed Breastfeeding Education class for expectant mothers and their partners presented by the Australian Breastfeeding Association.



Mums and Bubs Yoga

Burnside Library
Last Monday of the month
Monday 29 April
Monday 27 May
Monday 24 June
10.30 am - 12 pm



Learn at-home poses and receive valuable take-home guides for ongoing practice. Nurture your well-being in the comfort of your space while bonding with your little one.

My Child and Me

Burnside Library
Monday 6 May
Monday 13 May
10.30 am - 1 pm

Guiding a positive approach to children's behaviour, managing emotions and social and emotional development.



Circle of Security Parenting

Burnside Library
6 Week Course starting
Monday 20 May
2 pm - 4.30 pm

Presented by Pacey Mead from Raising Mum, a certified facilitator for the program, this internationally recognised parenting program focuses on building attachment security.

