



Being a Dad

FREE

Burnside Library

Thursday 31 October

6 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.

Coping Skills - Building Resilience

Glenunga Hub

Thursday 14 November

AND

Thursday 21 November

9.30 am - 11.30 am

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

Baby Chat in the Library 0 - 2 year olds

Thursday and Friday 10.30 am

FREE

Toddler Tales in the Library 2 - 3 year olds

Friday 11.30 am

FREE

Toddler Tales in the Library 2 - 3 year olds

Tuesday and Wednesday 10.30 am

FREE

Early Literacy

FREE

Burnside Library

Wednesday 11 December

1 pm - 3 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.

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. It includes workshops on the topics such as emotional literacy, social development and developmental milestones.

Bookings are essential for most sessions

To book and for more information about the sessions please visit

www.burnside.sa.gov.au/fisch



Burnside Community Development

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Early Childhood Development

Mastering Your Child's Sleep

Glenunga Hub

Monday 16 September

Wednesday 6 November

11 am - 12.30 pm

This session will focus on supporting parents to build healthy sleep patterns run by Mylee Zschech of Little Big Dreamers.

FREE

Circle of Security Parenting

Burnside Library

6 Week Course starting

Monday 28 October

10 am - 12.30 pm

Presented by Pacey Mead from Raising Mum, a certified facilitator for the program, this internationally recognised 6-week parenting program focuses on building attachment security.

FREE



Babies and Children's First Aid

Glenunga Hub

Thursday 14 November

5.30 pm - 7.30 pm

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

\$10

Kids Club @ the Hub

Glenunga Hub

fourth Thursday of the month

10 am - 11 am

FREE



Nature Playgroup

Newland Park Kindy, 46 Lockwood Rd, Erindale

Fridays during school term

9 am - 10.30 am

gold coin donation

Shake it Up!

Early Childhood Music Group

Burnside Ballroom

Weekly classes during Term 3

Starting 23 July

9.45 am - 10.30 am

During these music and movement sessions learn about the benefits of music time.

\$10 per session



Growing and Learning in the Family

Glenunga Hub

Thursday 5 December

AND

Thursday 12 December

9.30 am - 12 pm

This two-part workshop focuses on supporting families to gain an understanding of how children learn, developmental milestones and forming meaningful connections through play.

FREE

Cyber Safety – raising children in a digital age

Dulwich Community Centre

Friday 29 November

9.30 am - 12 pm

This session focusses on empowering parents/carers to keep children safe in digital spaces.

FREE

Playgroup

Goodstart Early Learning, 418 Portrush Road, Linden Park

Fridays during school term

9.45 am - 10.30 am

gold coin donation

Mums and Bubs Yoga

Burnside Library

Last Monday of the month

Monday 26 August

Monday 23 September

Monday 28 October

Monday 25 November

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.

\$10 per session



My Child and Me

Burnside Council

Corner Room

Wednesday 23 October

AND

Wednesday 30 October

11.30 am - 2.30 pm

This two-part workshop focuses on guiding a positive approach to children's behaviour, managing emotions and social and emotional development.

FREE



Mama First

The Corner Room

5 Week Program

Tuesdays

10 am - 11.30 am

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

\$20 per session

