



Mana Parents Centre Parent Education Courses 2012 Course Schedule



DATE	COURSES	TIME	MEMBER	NON-MEMBER
Thurs 23 Feb	CPR	7:30-9:30pm	\$20	\$35
Thurs 1 Mar	Water Babies	10:00-11:30am	\$5	\$10
Wed 14 Mar	Sleep Solutions	7:30-9:30pm	\$10	\$20
Thur 29 Mar	Baby Sign	7:00-9:30pm	\$40 single \$50 couple	\$50 single \$65 couple
Wed 11 Apr	CPR	7:30-9:30pm	\$20	\$35
Thur 19 Apr	Solids and Beyond	7:30-9:30pm	\$10	\$20
Wed 2 May	First Aid and Safety	7:30-9:30pm	\$20	\$35
May	Top to Toe	7:30-9:30pm	TBC	
May	Back to Work		TBC	
Wed 13 June	Positive Discipline	7:30-9:30pm	\$10	\$20
Thur 21 June	CPR	7:30-9:30pm	\$20	\$35
Thur 28 June	Brainwave Trust	7:30-9:30pm	\$10	\$30
Wed 11 July	Baby Sign	7:00-9:30pm	\$40 single \$50 couple	\$50 single \$65 couple
July	Parenting with Purpose	TBC	TBC	TBC
Thur 9 Aug	CPR	7:30-9:30pm	\$20	\$35
Wed 15 Aug	Creative Play	10:00-11:00am	\$10	\$20
Wed 29 Aug	Toilet Training	7:30-9:30pm	\$10	\$20
Sep	Magic Moments	TBC	TBC	TBC
Wed 3 Oct	CPR	7:30-9:30pm	\$20	\$35
Wed 17 Oct	Sleep Solutions	7:30-9:30pm	\$10	\$20
Oct	Return to Work	TBC	TBC	TBC
Thur 1 Nov	Water Babies	10:00-11:30am	\$5	\$10
Thur 22 Nov	First Aid and Safety	7:30-9:30pm	\$20	\$35
Thur 6 Dec	CPR	7:30-9:30pm	\$20	\$35
Wed 12 Dec	Positive Discipline	7:30-9:30pm	\$10	\$20

The venue for each session is Pember House, 16 Hagley St, Porirua. Bookings and prepayment are essential, and Parents Centre members have priority. Dates for some programs may change – please contact us to confirm.

Send a booking request to parentedbookings@gmail.com or for further information contact Mana Parent Centre on 237 6262
www.manapc.org.nz

CPR

Whether you have children or are expecting, in just two hours you can learn vital lifelong skills that could save your child's life! Learn the two different techniques needed for babies under 12 months and toddlers. This course also covers choking and basic first aid. This course is run by the New Zealand Red Cross, and you will receive a certificate for completion.

Water Babies

Learn how to help your baby be confident in the water. This class will cover practical ideas and games for lots of water-based fun. Includes FREE voucher for all those interested in swimming lessons is also included

Sleep Solutions

From newborns to toddlers, whatever your sleep problem, this course will look at positive management strategies to promote healthy sleep patterns.

Baby Sign

This workshop introduces parents to sign language for hearing babies, a wonderful, easy to use, early communication tool. Parents are taught when to start signing, how signing is implemented and how to recognise when their baby has grasped the concept.

Solids and Beyond

This session covers introducing solid foods to your baby in stages and helpful information on: cooking baby food; continuing milk feeds; storing and freezing foods safely; using commercial baby foods; progressing towards finger foods and family meals. Includes FREE Watties samples and food charts and you can purchase the Alison Holst Baby Food and Beyond recipe book for only \$12.

First Aid and Safety

Top to Toe

A podiatrist will talk about how feet develop, when and how to buy the right shoes for your child, and how to take the best possible care of those feet for the many years of stomping ahead. A Dental Therapist will cover the development of teeth, how to look after your child's pearly whites and keep them that way, and when to enrol for dental services.

Return to Work

We are delighted to be partnering with Philips/AVENT in our latest programme 'Return to Work'. The programme encompasses a number of sessions that are all relevant for those parents who might have been at home for some time caring for family and are now considering re-entering the paid workforce.

Positive Discipline and Tantrums

Most challenging behaviours occur for a reason, often because a child is trying to communicate needs or to express frustration. By looking beyond problem behaviours to understand why the behaviour occurs we can develop simple management strategies to modify the behaviour.

Brainwave Trust

A fascinating seminar where you can gain new insights into how your little one's brain works and is developing. It focuses on the importance of the first three years of life and covers how the brain develops, how brain connections are formed, critical periods for learning skills and how experiences shape the brain. Recommended for expectant parents and those already with children.

Parenting with Purpose

This programme has been created to encourage parents/caregivers and key support people to look at how they parent, where they learnt their parenting skills and are they the most productive skills to use when raising children. This is a six module programme.

Creative Play

Covering the relationship between brain development and movement, these sessions provides practical ideas, games and songs for getting young children active. Learn what toys to introduce at which stages in your child's development.

Toilet Training

Get you and your toddler ready for this next step. The course covers signs of readiness, how to start, proper hygiene and what to do when it's not working. FREE Huggies samples and a toilet training guide are supplied.

Magic Moments

Focuses on using non-physical ways of discipline, and encourages parents and caregivers to build strong and caring relationships with their children, while giving clear boundaries. This is a three module programme.