

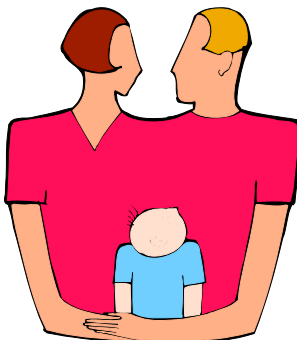
# **Parenting Workshop: Putting the pieces of effective parenting together**

**You are invited to attend a 2.5hr parenting workshop for  
Defence members who are parents of children aged  
between  
11 - 14yrs**

- **When: Date to be advised: Please contact DCO for enquiries and wait listing**
- **Where: DCO CAIRNS  
3 Jensen Street  
Manoora 4870**
- **Childcare provided on request**

## **Topics Addressed:**

- **Emotional and social developmental stages/phases of children.**
- **The impact of Defence lifestyle on young people.**
- **Parental Self-care.**
- **Democratic parenting - Communication, respect, positive behavioural management, encouragement & praise & self-esteem.**
- **Round table discussion - current parenting issues.**
- **Available support services (referral agencies).**



**DCO Cairns (07) 4053-9300  
or by email on  
[dco.cairns@defence.gov.au](mailto:dco.cairns@defence.gov.au)**

