Stafford Heights Kindergarten team member, Alice Maloney, together with several allied health care specialists invite you to a free Parenting Workshop for our families and the wider community. Held at the Kindergarten, our guest speakers will cover a range of topics for families with children aged from birth to five years old. Specialists in attendance include a children’s Occupational Therapist, Early Childhood Wellbeing Advisor, Dietician, GP, Sleep Consultant and Speech Pathologist.

**EARLY CHILDHOOD WELLBEING ADVISOR - Lisa Crawford**
Psychologist. Early Childhood Teaching Degree
Presenting the Circle of Security, based on attachment theory:
• provides a roadmap for parents to gain a stronger understanding of their child’s emotional and relationship needs and how they can meet those needs to foster a sense of security;
• helps parents understand their child’s behaviour and meet the need that is driving the behaviour;
• helps parents support children’s resilience and emotional intelligence.

**SPEECH AND LANGUAGE PATHOLOGIST - Michelle Wallace**
The role of a speech pathologist: speech, language, literacy and feeding
• Speech and language development: what to expect at different ages and when to seek help.
Phone 0421 754 667 • Email michelle@eatherapy.com.au • www.eatherapy.com.au

**NUTRITION CONSULTANT - Amy Wakem**
• Overall nutrition advice for young families
• Fussy eating tips
• Lunchbox ideas
Phone 0434 164 870 • Email amywakem@gmail.com

**PAEDIATRIC OCCUPATIONAL THERAPIST - Kate Kleinau**
• What is Occupational Therapy (OT)
• When to see an OT
• Developmental milestones for gross motor, fine motor and self-care skills
• Sensory processing
Phone 0400 788 459 • Email kate@synchronyot.com.au • www.synchronyot.com.au

**GP - Dr Caroline Clancy**
• When to take your child to the Dr
• Exclusion Periods
• Rashes – When to panic
• Vaccinations

**CERTIFIED SLEEP SENSE CONSULTANT - Alice Maloney**
Registered Nurse Post Grad Paediatrics. Certified Infant Sleep Specialist. Cert 3 Children’s Services
• What is sleep
• Children’s Sleep Schedule...How much sleep
• Development and sleep
• Resolving a sleep problem
Phone 0411 071 331 • www.aliceinslumberland.com.au