



babyology

Tackling The Toddler Years Workshop

9 September 2018

PROGRAM





About

Toddler tantrums becoming too frequent? Sleep troubles at your place? We feel your pain! Toddlers may give the very best hugs in the world - but they can be a lot of work too. So join us at our very first parenting event, **Tackling the Toddler Years Workshop** on Sunday 9 September at the Establishment, Sydney, where we'll be sharing all sorts of smart advice on how to get through these tricky toddler years.

Our four speakers are experts in their fields and will share their tips and tricks to empower you with positive, practical tools and tactics that you will be able to put into use as soon as you get home. Come along and meet other parents and exchange your experiences and toddler tales.

Get in quick! This event has limited tickets. Book today at [Eventbrite](#).



Program



9:30AM Arrival and registration

9:55AM Welcome from MC, **Shevonne Hunt**, Presenter, Kinderling Conversation

10:00AM **Toddler wrangling: Tips for tackling challenging behaviour**

With **Stephanie Wicker**, child behaviour expert and parenting educator
Supported by The Green Elephant Early Learning Centre

You often hear the toddler years referred to as ‘the ‘terrible twos’. This session aims to provide you with an understanding of why your angelic baby has turned into a little devil overnight. It will provide you with a number of techniques to manage your toddler’s behaviour in a kind, encouraging yet firm manner. It will help you teach your child how to stay within the boundaries you set - as well as teach you how to remedy the situation when they don’t!

10:30AM Q&A

10:40AM **Troubleshooting toddler sleep issues**

With **Jo Ryan**, baby whisperer and sleep consultant
Supported by Kinderling Kids Radio

So many questions about sleep, so few answers. During this conversation, the speaker will answer all your questions about toddler slumber. Just how much sleep does a toddler need? How can you establish a good bedtime and nap routine? What are night terrors? What’s the best way to transition into a ‘big’ bed and manage bedwetting? And what should you do when it all goes wrong? At the end of this session, you can expect to go home to a peaceful night’s sleep.

11:10AM Q&A

11:20AM Morning tea

11:40AM **SPEAKER PANEL**

The panel will feature all four speakers and be moderated by **Shevonne Hunt**.

12:30PM Lunch

1:00PM Watch them grow: Understanding your toddler's development

With **Anthony Semann**, early childhood researcher

Supported by NAN Toddler Milk

Your toddler wants to push the boundaries on every level and it's exciting to watch them develop new skills. This session will help explain what is driving this period of exploration and will outline what you can expect through the toddler years.

1:30PM Q&A

1:40PM How to survive the fussy eating years

With **Dr Jennifer Cohen**, The Fussy Eating Doctor, paediatric nutritionist and dietitian

Supported by b.box

This is an interactive session to help set you up for happy mealtimes. Learn what and how much to feed your toddler and how to tackle this fussy eating phase. You'll leave with a good understanding of how to develop healthy and nutritious eating habits that will nourish your toddler, providing them with the fuel they need to grow and develop.

2:10PM Q&A

2:30PM Event close

Childcare

Onsite childcare is provided by fully qualified educators from The Green Elephant Early Learning Centre. We will be offering calming and engaging play spaces for children aged 0-5 years, giving you peace of mind to get the most out of the event.

Your children will be able to immerse themselves in the world of The Green Elephant Early Learning Centre, inspiring their young minds to create, discover and become whoever they want to be for the day.

Childcare places can be booked with your tickets at a cost of \$15 per child with nappies and meals included. Places are limited to 15 children and are allocated on a first come, first served basis.

Book childcare with your tickets at **Eventbrite**.



Speakers



BEHAVIOUR

Stephanie Wicker

Stephanie Wicker is a child behaviour expert, parenting educator, counsellor and speaker who has successfully guided families through early childhood behaviour for over 15 years. Through her experience with private consultancy, as a preschool teacher and special needs therapist, she has worked across the many facets of early childhood behaviour.

She has supported families craving stronger relationships with their children through her evidence-based programs that are grounded in decades of behaviour science.

Stephanie's passion for Relational Frame Theory (RFT), Acceptance and Commitment Therapy (ACT) and Developmental Psychology play a big role in her programs.

simplykids.live



SLEEP

Jo Ryan BA MPH

Jo Ryan was a Registered Nurse for nearly 20 years, with much of that time spent working in paediatrics. She also worked as a full-time nanny for many years, greatly enhancing her understanding of babies and young children and the pressures of parenting.

Jo's book, *Babybliss* is the Australian must-have guide to sleeping, settling and establishing routines for your baby.

Jo's philosophy of assisting parents within their own environment to suit their own lifestyle, helps them feel more confident in dealing with their child.

Jo's techniques are gentle and effective and do not involve 'crying it out' or 'controlled crying'.

babybliss.com.au



DEVELOPMENT

Anthony Semann

Anthony Semann is a presenter and researcher who specialises in the early years of life.

He began his career as an early childhood teacher and since this time has taught, researched and published extensively across a range of issues related to children under the age of 5. He is a regular speaker at conferences and facilitates sessions for parents on issues related to their children's wellbeing, resilience, school readiness and understanding children's behaviour.

He has a way of allowing people to understand the life experiences of the youngest members of our communities.

semannslattery.com



NUTRITION

Dr Jennifer Cohen

Dr Jennifer Cohen, also known as The Fussy Eating Doctor, is a paediatric dietitian and nutritionist. Working with parents and young children, Jennifer helps them make the right choices to maximise their child's nutrition even when they are fussy with their food.

Jennifer believes that implementing positive eating practices and habits when children are young will set them up for good health when they are adults. She also believes that fussy eating can be reversed in children, though it does require specialist interventions.

drjennifercohen.com

Sponsors

Babyology thanks the following sponsors, whose support made it possible to hold this event.

BEHAVIOUR



The Green Elephant Early Learning Centre

The Green Elephant Early Learning Centre consists of two family-owned and operated early learning centres located in Rosebery and Waterloo. Their philosophy is to provide the highest level of care and education for children in a warm, nurturing and safe environment. They do this by creating a feeling of acceptance and sense of belonging, providing an environment which enables each child to feel safe and secure. thegreenelephant.com.au



SLEEP



Kinderling Kids Radio

Kinderling Kids Radio is the soundtrack to the daily rhythm and mood of a family with young children. Kinderling plays fun songs through the day then becomes every parent's helping hand at bedtime. While kids nod off to stories and Bedtime Explorers meditations, parents can listen to expert sleep tips in the new sleep podcast; The Promise of Sleep. Listen to Kinderling Kids Radio on the free app, digital radio or online at kinderling.com.au

DEVELOPMENT



NAN Supreme 3

NAN Supreme 3 is a premium milk drink, specially formulated for toddlers from 1 year of age when energy and nutrient intakes may not be adequate. Every cup contains probiotic Bifidus Bi and a mix of essential vitamins and minerals.

Backed by 150 years of infant nutrition research and development, NAN Toddler milks have helped to nurture generations of young children.

nestle.com.au/brands/baby-toddler-nutrition



NUTRITION



b.box

b.box is all about turning the everyday upside down, redefining your little one's feeding must-haves. Everything they do has a twist and they are passionate about designing products that are fun, funky and above all functional. So join them on the mealtime journey from first bites to big kids. It's all here for you at b.box. From their family to yours ...

bbox.com.au

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