



PARENTS BUILDING SOLUTIONS ESTABLISHING ROUTINES

Did you know that having consistent routines helps our children know what to expect, and that this improves sleep, school engagement and emotional regulation?

- Is getting up to go to school or getting to bed a challenging time for your family?
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- Do you find it difficult to fit in homework, school lunches and sport without becoming frazzled?
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- Would you like your children to help with chores around the house?
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- Would you like to explore strategies to be more consistent in your expectations and responses?

If your answer to any of these questions is "Yes!", please join us for this parenting session.

DATE: Friday, 22nd August

TIME: 9.30 a.m. - 11.30 a.m.

WHERE: Cranbourne Carlisle Primary School
15 Silky Oak Drive
Cranbourne

COST: FREE!

For more information, contact:
Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au
OR

Register using the QR code or this link:
<https://events.humanitix.com/parents-building-solutions-establishing-routines-cranbourne-carlisle-primary-school>



PARENTZONE

Registrations welcome on the day

**BETTER
TOMORROWS**