

# PEPE Parenting Programme



Our parenting courses explore with parents, positive child – parent relationships, simple strategies for encouraging and supporting development, including practical care and safety tips. Together, with the facilitator, parents share their knowledge and understanding of the abilities and needs of their child from newborn onwards. There are a series of five PEPE Courses offered at various stages of your baby / child's development.



## Your New Baby

Supports prenatal whānau with parenting in the first 6 weeks.

### Explores:

- \* adjusting to the changes and challenges of becoming a family, caring for yourself, local supports and resources
- \* practical care aspects such as bathing, safe sleep, settling and safety tips
- \* your important role in your baby's brain development
- \* reading your baby's communication cues
- \* establishing a positive relationship with your baby from birth.

This course usually runs over 3 weeks of up to 2 hour sessions.



## Your Growing Baby

Supports parents and whānau with parenting their babies until they are rolling or crawling.

### Explores:

- \* becoming a new family, caring for yourself as a parent, local supports and resources
- \* practical aspects of caring for your baby including sleep and safety tips
- \* slowing down and getting to know your baby's unique self
- \* your baby's development including understanding your important role in their brain development
- \* ways to respond to and support your baby's play, learning and development.

This course usually runs over 4 - 6 weeks of up to 2 hour sessions.



## Your Moving Baby

Supports parents and whānau with parenting their baby who is moving – rolling or crawling and not yet walking.

### Explores:

- \* the changes and challenges of parenting your moving baby e.g. safety, changing sleep patterns and needs, nutrition needs
- \* your baby's social and emotional development including their temperament
- \* how movement is linked to baby's brain development
- \* ways to respond to and support your baby's development
- \* thinking about your parenting values and beliefs.

This course usually runs over 3 weeks of up to 2 hour sessions.



## Your Active Toddler

Supports parents and whānau with parenting their busy and on the go toddler!

### Explores:

- \* the amazing rate of learning and development that is happening for your child
- \* how behaviour is an expression of your child's learning and development e.g. tantrums
- \* ways to support your child's changing development needs
- \* how you want to parent your child
- \* practical positive parenting responses to your child's growing need for independence and learning.

This course usually runs over 3 weeks of up to 2 hour sessions.



## Your Curious Young Child

Supports parents and whānau with parenting their young child until 5 years.

### Explores:

- \* the growing independence, curiosity and learning taking place at this time for the child
- \* any challenges parents are facing with their child and how to develop positive parenting responses to these challenges
- \* how children learn through the consequences of behaviour
- \* the difference between punishment and discipline
- \* parenting styles and the many right ways to parent.

This course usually runs over 3 weeks of up to 2 hour sessions.