



What's on..

**START STRONG**

**FREE Parenting Workshops**





# START STRONG WITH GOWRIE NSW

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**Gowrie NSW is excited to bring you a series of engaging online family sessions led by experts in their field to support you and your child during the early years.**

**These sessions are funded through the Start Strong Pathways program, an initiative of the NSW Government to strengthen understanding of learning in the early years of childhood.**

**These sessions are free for anyone! Feel free to share with friends and family.**

## LEARN MORE HERE:

**Register and view  
workshops here:**



**Parent Resources  
and information:**



23rd July, 7pm - 8:30pm



# SUPPORTIVE RELATIONSHIPS IN THE FIRST 1000 DAYS

## Brainwave Trust

The first 1000 days of a child's life—spanning from conception to their second birthday—are critical for brain development and setting the foundation for lifelong well-being. During this important period, building nurturing and responsive caregiving relationships is essential to a child's emotional, social, and cognitive growth.

In this session, Brainwave Trust will share valuable insights into fostering supportive relationships during these early years. Drawing on evidence-based practices like the 'Circle of Security,' you'll learn how to create a safe and secure environment for your child, helping them feel emotionally supported while navigating their world. By being a consistent, responsive caregiver, you can foster a sense of trust and security that will have lasting impacts on your child's development and future well-being.

Join us to discover practical tools and strategies for strengthening your relationship with your child during this pivotal time. This free session, funded by the NSW Government, will provide you with the knowledge to ensure your child thrives in their formative years.



*Brainwave Trust supports tamariki by making brain development research accessible to whānau and integrating indigenous knowledge. They promote parenting that values children's well-being.*

*The Trust provides workshops and resources for families and professionals across New Zealand, advocating for tamariki and influencing policies to support their development.*

Scan QR code to  
register for this  
session.



27th August, 7pm - 8:30pm



# RESPONDING TO MELTDOWNS, TANTRUMS AND UPSETS

**Anna Banas**

Join us for an insightful session where we'll equip you with practical tools and strategies to navigate your child's emotional rollercoaster. You'll learn how to stay calm in the heat of the moment, soothe your child's emotions, and strengthen your bond with them.

By attending, you'll:

- Discover effective ways to respond to tantrums and meltdowns
- Learn how to keep your cool during challenging moments
- Build your confidence in supporting your child's emotional development
- Gain practical tips to foster a calm, supportive environment at home

Don't miss this opportunity to build your parenting toolkit and create a calmer, more connected family dynamic.



*Anna is a mum of three, parenting and communication coach, lecturer, and Nonviolent Communication trainer.*

*Anna's mission is to help parents create healthy relationships with their children and themselves and parent in a way that brings more joy and connection.*

*Through Anna's work as a researcher and lecture in Early Childhood Education and child development she brings her unique skills to combine the science of child development, with my Nonviolent Communication skills and coaching experience.*

*Anna support parents in finding practical approaches to intentionally connect with their children, and move away from unhelpful beliefs, behaviours and thoughts.*

Scan QR code to register for this session.



17th September, 7pm - 8:30pm



# PREPARING FOR EARLY EDUCATION & CARE

**Elena Marouchos**

Is your child starting early education soon? Transitioning to early education and care can be an exciting yet challenging experience for both children and parents.

In this informative session, expert Elena Marouchos will guide you through:

- Practical strategies to support your child's smooth transition into this new phase.
- You'll discover how to create a positive and reassuring environment
- Learn the signs of readiness and how to manage any feelings of separation anxiety.

You will leave with a better understanding of what to expect during this important time and how to ease any concerns, ensuring your child feels confident, safe, and ready to embrace their new learning environment. Don't miss out on this free opportunity to equip yourself with the tools to prepare both you and your child for this exciting journey.



*Elena is a RIE® Associate inspired by Magda Gerber's Educaring® approach. Her journey towards becoming a RIE® Associate has been a foray into trying to understand what the approach might look like in different contexts. She is passionate about working alongside teachers and parents who are interested in layering their knowledge in ways that are authentic and leave lasting impressions on children.*

*Elena is an ECE consultant offering mentorship and professional development within early childhood centres in New Zealand and abroad. The privilege of home visits with parents and seeing the confidence it instils when practice is articulated have helped her further embrace the Approach as more than a philosophy but a way of life.*

Scan QR code to register for this session.



22nd October, 7pm - 8:30pm



# PLANTING THE SEEDS OF EARLY LITERACY THROUGH NATURE STORYTELLING

**Tania Moloney**

Discover the magic of storytelling through nature!

Join Tania Moloney from Nurture in Nature Australia for an interactive online session designed for parents of children aged 0–3. Explore how outdoor adventures can naturally support early literacy and language development—no expert storytelling skills required! In this engaging workshop, you will:

- Learn practical and playful ways to weave storytelling into outdoor experiences
- Discover how nature sparks curiosity, creativity, and language growth
- Gain simple strategies to turn everyday moments into rich learning adventures

With just a little curiosity and wonder, you can unlock the power of nature to nurture your child's early literacy in ways that feel natural, fun, and meaningful.

**Please note: Participants will need to bring a leaf of their choice and one other natural element (such as a stick, rock, feather, or seed pod) to the session.**



*Tania Moloney is the playful heart and soul behind Nurture in Nature Australia. She's an award-winning children's book author, storyteller, and champion of playful nature adventures. Whether she's inspiring kids to become Nature Ninjas or guiding educators and families to connect with nature in meaningful ways, Tania's mission is simple: to spark joy, wonder, and action for our natural world.*

*In 2012, Tania founded Nurture in Nature and has since been empowering educators, parents, and others who care deeply about connecting kids with nature. Through her engaging professional development workshops, innovative resources, and hands-on support, she helps them grow their knowledge and skills so they feel confident and supported in their nature-inspired teaching and learning practices.*

Scan QR code to  
register for this  
session.

