

Selwyn Parenting Week • A first for Selwyn • 16th - 22nd May 2022



SELWYN PARENTING WEEK 2022

16TH - 22ND MAY

Parents have an incredibly special role to play within our society - they are raising our future generation. Whilst most people would agree that this is an important and at times difficult job, often the expectations the society place on parents can make their job that much more challenging. Parenting has changed over the generations. In our grandparent's generation stress was generally about providing for children's practical needs e.g. food and clothing. Today, parent's stress may be caused by these practical needs but also around expectations

and "getting parenting right. Parents are facing new challenges as technology develops, influences of social media and many more daily struggles. SPN has a vision for a future where parenting is highly valued, resources and supports are readily available and accessible to all, and believes it is important that Selwyn Parenting Week serves as a way to recognise the important role parents and caregivers have to play in children's lives and highlight the amazing job they do every day. Selwyn Parenting Week will showcase

the many service providers, community organisations and group that we signpost parents to. The aim is to pull together and facilitate a series of events to empower parents and caregivers from across the whole of Selwyn, including the many rural townships. Selwyn Parenting Networks "Selwyn Parenting Week" brings you a range of service providers, speakers and agencies that we will be collaborating with for this inaugural week of Parenting workshops, talks and events direct to Selwyn.

Our region is growing faster than ever and we feel very well placed to run this event given the longevity of our local knowledge, extended networks and our growing region of families and parents. Our advocacy to see improved services for parents and children, brought directly to Selwyn, is one we have been voicing for some years and we are committed to putting Selwyn on the map and hosting our own annual parenting week with informative and accessible resources, empowerment and upskilling to all parents, caregivers and families.

EVENTS CALENDAR

Mon 16 th	Tue 17 th	Wed 18 th	Thu 19 th	Fri 20 th	Sat 21 st	Sun 22 nd
	<p>9.30am - 10.30am "7 things children need to grow into great adults" Online Zoom with time for Q&A Presenters: Real Parents</p>		<p>9.30am - 10.30am "Digital safety & wellbeing with Digital Waitaha" A one hour workshop Venue: Springston Community Hall Presenters: Digital Waitaha</p>			
	<p>11.00am - 12.00pm "Preschool social skills development workshop" Venue: Te Ara Atea Rolleston Library Presenters: Talk Together</p>	<p>10.00am - 11.30am "Pre Schooler Interactive Music Workshop" A Hybrid Event Venue: Lincoln Event Centre & Online Presenters: PAUA</p>		<p>10.00am - 11.15am "Supporting your child through anxiety" Venue: Dunsandel Community Centre Presenters: Mana Ake</p>		<p>10.30am - 11.30am "Digital safety & wellbeing with Digital Waitaha" A one hour workshop Venue: Community Lounge, West Melton Community Centre Presenters: Digital Waitaha</p>
<p>12.30pm - 1.30pm "Influencing the next generation - Become a Youth Mentor Volunteer" Venue: The Shed, Generation House, Rolleston Presenter: Angela Adcock - Youth Mentor Coordinator, Family Works</p>	<p>6.00pm - 8.00pm "Waste reduction - waste free parenting (babies & toddlers)" Venue: Lincoln Events Centre Presenter: Kate Meads Waste Free with Kate</p>		<p>12.30pm - 1.30pm "Fundamentals of building financially resilient kids: What we should have been taught about money" Online Webinar with Presenters Carissa Fairbrother and Kendall Flutey</p>		<p>1.00pm - 2.30pm "Mini Money Matters - An interactive workshop on basic family budgeting" Venue: Te Ara Atea Rolleston Library Presenter: Muriel Morgan, Budget Service, PSUSI</p>	
	<p>7.00pm - 9.30pm "Let's Discuss the Tough Stuff: A Powerhouse Panel of Expertise" Venue: Rolleston TBC Panel includes Selwyn Police, High School Principal, Clinical Psychologist and Child Behaviour Service</p>	<p>1.30pm - 2.45pm "Emotional coaching - Managing Emotions" Venue: Darfield Recreation Centre Presenters: Mana Ake</p>		<p>1.30pm - 2.45pm "Supporting your child through anxiety" Venue: Sheffield Community Hall Presenters: Mana Ake</p>		<p>2.00pm - 3.00pm "Restoring identity - making time for ourselves as parents" Venue: Te Ara Atea Rolleston Library Presenter: Heather Watson - Wellbeing Specialist & Counsellor</p>
<p>7.30pm - 8.45pm "Talking to babies & toddlers: The secret to growing brains and setting them up for life" Online Zoom with time for Q&A Presenters: Talk Together</p>		<p>7.00pm - 9.30pm "Behind the screens" What adults need to know - leading effective conversations about pornography Venue: Rolleston Comm Centre Presenter Brett Harvey - Taima Korero Time to Talk</p>	<p>7.00pm - 9pm "Behaviour is communication" Venue: Weedons Pavilion, Weedons Presenters: Karen Campbell - Child Behaviour Service</p>			

For a detailed look at all of our events, visit www.spn.org.nz