



## How to contact us

We provide support in offices located in Barwon and Western Victoria.

### Community Support

- 📞 General enquiries: 03 5226 8900
- ✉️ info@meli.org.au

### Meli Kindergartens

- 📞 General enquiries: 03 5273 0200
- ✉️ kindergartens@meli.org.au

- 📘 @meli.community
- 📷 @meli.community
- 🌐 @meli-community



### Learn more

Scan the QR code to view our latest parenting education calendar

### Acknowledgement

We acknowledge that we work and connect on the traditional and unceded lands of Aboriginal peoples and pay our respects to their Elders past and present. We are committed to the reconciliation journey through our actions and openness to learn.



### We celebrate difference

Meli celebrates the diversity of our community and is committed to being an inclusive place for everyone. We welcome people of all races, ethnicities, genders, sexualities, ages, religions, and abilities.

We foster collaborative relationships with individuals and partner organisations to support our diverse client group.

Interpreter services are available upon request.

[meli.org.au](http://meli.org.au)

# MELI Parenting education programs

Supporting the role of parenting with information, skills and tools to help children thrive



## Circle of Security Birth – Five years

Circle of Security is a six week supportive program for parents of children aged zero to five years. The program aims to:

- Help parents understand how to build feelings of security for children in their early years.
- Assist parents with skills to build a positive relationship with their child.
- Develop confidence in parents to respond to their child in a way which builds a secure foundation.



## Bringing Up Great Kids 12 months – 12 years

Bringing Up Great Kids is a six week supportive program for parents of children aged 12 months to 12 years. The program aims to:

- Help parents develop skills to enhance communication with their children.
- Promote positive interactions between parents and their children.
- Encourage the development of children's positive self-identity.



# Our programs



## Baby College

Pre-birth – Six months

Baby College brings together women who are pregnant in their third trimester or have a child less than six months old, to support them on their parenting journey. Baby College is open to women over 25 years and first-time pregnancy is not a requirement. The program aims to:

- Enhance parent and child attachment.
- Increase understanding of child development.



## Bumps to Bubs

Pre-birth – 12 months

Bumps to Bubs brings together young mothers and mothers-to-be up to age 23 or 25\* (please refer to individual schedule) with babies zero to 12 months, to support them on their parenting journey. The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting.
- Enhance parent and child attachment.
- Increase understanding of child development.



## Bubs to Tots

12 months – Two years

Bubs to Tots brings together mothers (up to 24 years old) of children in the 12 months to two years age group for support and education. The program aims to:

- Provide education to enhance children's early development.
- Promote parent and child attachment/relationships through the promotion of play.
- Assist parents with managing and enjoying the toddler years.



## Tuning in to Kids

Three years – 12 years

Tuning in to Kids is a six week supportive program for parents of children aged three to 12 years. The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.



## Dads Tuning in to Kids

Three years – 12 years

Dads Tuning in to Kids is a six week supportive program specifically for dads of children aged three to 12 years. The program aims to:

- Help dads to effectively tune in to their child's emotions.
- Encourage dads to strengthen their emotional connection with their child.
- Support dads to build skills in emotion coaching to assist their child's individual needs.



## Tuning in to Teens

10 years – 18 years

Tuning in to Teens is a six week supportive program for parents of adolescents aged 10 years to 18 years. The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.



## Strengthening Family Connections

Eight years – 12 years

Strengthening Family Connections is an eight week program for parents and their children aged eight to 12 years. The program aims to:

- Build a positive culture and improve communication among family members.
- Help develop successful, confident children and parents.
- Build skills in all family members to improve family functioning.



## Bringing Up Great Kids - Parenting Adolescents

10 years – 18 years

Bringing Up Great Kids - Parenting Adolescents is a six week supportive program for parents of children aged 10 years to 18 years. The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Help parents understand what is going on in the adolescent brain.
- Explore the changing role from custodian to consultant.

