

Peppercorn Children & Families offers you practical support through

- Supported playgroups
- Meet & Greet groups
- Tiny Tots baby playgroup
- Parenting Programs -
 - 123 Magic
 - Circle of Security
 - Triple P Parenting
- Infant Massage
- Breast pump hire
- Child car seat installation
- Parent resource library

Talk to our Children &
Families team today
to find out more



Peppercorn
BRINGING THE HAWKESBURY TOGETHER



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Family Support

Family support is a free service available to families in the Hawkesbury region. Support can include home or centre-based support, information on attachment, managing behaviour and child development.

Get access to current parenting advice, parenting programs and links to specialist services and other community networks.

Tiny Tots Playgroup

A haven where everyone is going through the same joys, frustrations and sleepless nights! Tiny Tots is a supported playgroup especially for mums, dads and carers of babies up to 3 years old!

Infant Massage

Learn how to massage your infant and develop your confidence in noticing and understand your baby's needs.

Supported Playgroups

Join with other parents and share the joys, frustrations and raising your child. Build your skills and confidence and develop valuable social and family support networks.

Led by qualified facilitators our playgroups are there when you are feeling isolated or need extra support. Playgroups available at South Windsor and Wisemans Ferry.

Positive Parenting Program

Triple P is one of the most effective and ways you can learn how to handle any parenting situation. Triple P offers flexible, practical skills and strategies giving you the tools to:

- Encourage behaviour you like from your child
- Deal positively and consistently with problem behaviour
- Take the stress out of parenting

1-2-3 Magic Parenting

The 1-2-3 Magic program keeps parents in charge and gives you the tools to:

- Handle challenging and testing behaviour in a calm way
- Encourage good behaviour using emotion coaching strategies
- Understand your child's stages of development

Circle of Security

This program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This program gives you the tools to:

- Read the emotional needs that lie beneath your child's behaviour
- Support your child's ability to manage their own emotions
- Improve your child's confidence and self esteem



We're here to support you and your family. Join us at the South Windsor Family Centre and learn more about becoming a confident parent.

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