

# SELWYN PARENTING WEEK: EMPOWERING PARENTS AND FAMILIES

A Week of Learning, Connection and Opportunity for Parents and Caregivers • 16<sup>th</sup>-22<sup>nd</sup> October 2023

Parenthood is a rewarding yet challenging journey, and finding support along the way can make all the difference. Some of you may already know of our registered charitable work across Selwyn: strengthening and empowering parents, caregivers and families is what **Selwyn Parenting Network** exists for and advancing our charitable purpose in partnership with our community is critical.

As our region has grown and evolved, we have remained consistently attentive; identifying many service gaps for parents and families and creatively developing strategies and new projects to assist.

Last year we piloted our very first dedicated 'Selwyn Parenting Week' to outstanding success, and so we are delighted to confirm that Selwyn Parenting Week will now become an annual flagship event to add to our calendars! It's a week totally dedicated to empowering parents / caregivers and families through initiatives which provide opportunities to learn, connect and thrive... and it's all happening this month from 16<sup>th</sup> - 22<sup>nd</sup> October!

## Empowering Workshops and Seminars:

Knowledge can equal power when it comes to parenting. Selwyn Parenting Week will feature a variety of empowering workshops and seminars that address essential topics for parents and caregivers. Led by experts in the field, these interactive sessions will provide practical insights, effective strategies, and valuable knowledge that can be applied to everyday parenting challenges. From understanding early childhood development to building positive parent-child relationships, from babies, through to teens, our events and resources aim to equip participants with the tools they need to navigate the many intricacies of parenting.

## Connection and Support:

Parenting can sometimes feel like a solitary journey. Selwyn Parenting Network tirelessly strives to reduce barriers for parents and caregivers: championing the need for everyone to be able to access necessary supports and resources with equity, accessibility and inclusivity.

Our weeklong event will provide various platforms



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16TH - 22ND OCTOBER

for parents and caregivers to connect with others who share similar experiences. Whether it's through informal networking or organised group activities, Selwyn Parenting Week fosters a sense of community and support. It's a chance to meet fellow parents, share stories, exchange advice, and build lasting connections within a warm and inclusive environment. The power of a supportive community cannot be underestimated when it comes to navigating the ups and downs of parenting!

## Learning Resources:

Access to valuable learning resources is crucial for parents and caregivers, and we recognise this. Our variety of events will offer a wealth of different resources, including educational materials, expert advice, informative sessions and more. These resources will cover a wide range of topics and by tapping into these it is our aim that parents and caregivers will gain valuable knowledge and insights

that can enhance their parenting skills and confidence.

## Conclusion:

Selwyn Parenting Week provides a platform to participate in as much as you wish through the week-long event of events! As parents and caregivers you gain access to empowering workshops, educative opportunities, a supportive community and valuable learning resources.

It's an opportunity to enhance your parenting skills whilst learning and connect with others who understand the joys and challenges of raising families!

So mark your calendars for week commencing 16<sup>th</sup> October and embrace the transformative power of Selwyn Parenting Week! After all, parenthood is an adventure best experienced together, and Selwyn Parenting Network is here to support you every step of the way.



## EVENTS CALENDAR 16<sup>th</sup> - 22<sup>nd</sup> October

Mon 16 <sup>th</sup>	Tue 17 <sup>th</sup>	Wed 18 <sup>th</sup>	Thu 19 <sup>th</sup>	Fri 20 <sup>th</sup>	Sat 21 <sup>st</sup>	Sun 22 <sup>nd</sup>
<p><b>12.30pm</b> <b>IN PERSON &amp; ONLINE RECORDING HYBRID EVENT</b> "Neurodiversity &amp; Feeding Challenges" A broad generalised overview by Nourish Feeding Therapy. Venue: Lincoln</p> <p><b>ONLINE EVENT</b> "Raising Achievement: Unlocking Literacy Success - Empowering Parents to boost reading &amp; spelling skills"</p> <p><b>7.30pm</b> <b>ONLINE EVENT</b> "Real Parents" Keeping Parenting Positive &amp; Fun (Even when it's Hard!) Online Presentation followed by Q&amp;A. Free.</p>	<p><b>9.00am - 11.00am</b> <b>IN PERSON EVENT</b> "Connecting Communities with SPN: Empowering Parents - Building Stronger Families" An open session Venue: Leeston Library</p> <p><b>12.30pm</b> <b>IN PERSON EVENT</b> "Legal Planning: Building Strong Foundations" Relationships, Property &amp; Future Planning Venue: Rolleston Lunch Event, Te Ara Atea, \$10 incl. light lunch.</p> <p><b>ONLINE EVENT</b> 3 Week ADHD Online Workshop Series Begins (Cost attached) 3 part webinar with practical strategies &amp; resources.</p> <p><b>7.00pm</b> <b>IN PERSON EVENT</b> "I am Hope: It's a Team Effort" Collaborating for youth mental health, breaking stigma, encouraging conversations. Venue: Rolleston</p>	<p><b>9.15am - 1.15pm</b> <b>IN PERSON EVENT</b> "Making the difference for those who learn differently" A workshop with Jenny Tebbutt who works with Dyslexia Foundation, ADHD NZ &amp; Autism NZ. Author of the Wobbly Kids. 4 hour workshop \$60 Venue: West Melton</p> <p><b>10.30am - 11.30am</b> <b>IN PERSON EVENT</b> "Preschooler &amp; Parents Social Skills" Fun, Interactive Session with Talk Together Venue: Darfield.</p> <p><b>7.30pm</b> <b>ONLINE EVENT</b> "Why won't my child eat &amp; how you can best support them." With Nourish Feeding Therapy.</p> <p><b>7.30pm - 9.00pm</b> <b>IN PERSON EVENT</b> "Fathers - Growing emotional connection with your child or adolescent" With counselling therapist &amp; Dad Malcolm Scott. Venue: Springfield Community Hall</p>	<p><b>9.30am - 11.30am</b> <b>IN PERSON EVENT</b> "Connecting Communities with SPN: Empowering Parents - Building Stronger Families" An open session Venue: Lincoln Library</p> <p><b>12.30pm - 1.30pm</b> <b>ONLINE EVENT</b> "Empowering Education: Navigating Homeschooling &amp; Alternative Learning Paths." With Cynthia Hancox, Home Education Consultant.</p> <p><b>7.30pm - 9.00pm</b> <b>IN PERSON EVENT</b> "Understanding Your Brain: Building Resilience &amp; Maximising Learning" With Nathan Wallis, NZ Neuroscience Educator Venue: La Vida Centre, 34a Hansons Lane, Upper Riccarton, Chch</p> <p><b>7.30pm - 8.30pm</b> <b>ONLINE EVENT</b> "Talk together supporting kids social skills: The things that work."</p>	<p><b>9.00am - 11.00am</b> <b>IN PERSON EVENT</b> "Connecting Communities with SPN: Empowering Parents - Building Stronger Families" An open meet session with refreshments. Venue: Darfield Library</p> <p><b>12.00pm - 2.00pm</b> <b>IN PERSON EVENT</b> "Mana Ake: Parenting Connect" Engage, learn &amp; share for stronger families Venue: Leeston Library</p>	<p><b>11.00am - 3.00pm</b> <b>IN PERSON EVENT</b> Sensory Spectrum Pop-Up Cafe Providing a safe, supportive, inclusive &amp; adaptable environment where children with Autism &amp; other sensory challenges have a safe space. We will have a range of toys for children &amp; toddlers to try. Venue: Te Ara Atea, Te Whare Tapare Room, Rolleston</p>	<p><b>A WRAP UP OF THE WEEK'S EVENTS</b> With more links to: • Recorded Sessions • Resources • Action Planning • Feedback &amp; Evaluation</p> <p><b>Reflection of the Week</b></p> <p><b>1.00pm - 3.00pm</b> <b>IN PERSON EVENT</b> "Connecting Communities with SPN: Empowering Parents - Building Stronger Families" An open session with refreshments. Venue: Te Ara Atea Library Rolleston</p>

For a detailed look at all of our events, visit [www.spn.org.nz](http://www.spn.org.nz)