

# DAD'S TOOL KIT

Dad's Toolkit is a low cost 4 week program designed specifically for fathers and male caregivers of children aged between birth -18 years of age. It provides evidence based parenting strategies to help support and enhance parenting skills, confidence and child behaviour. This will also be an opportunity for dads to share their experiences of fatherhood while developing their toolkit of resources to support them in their roles as fathers. This program helps to bring together willing men and to encourage and support them to build upon creating a better place for themselves, their partners and children.



## THIS PROGRAM IS USEFUL FOR FATHERS WHO WANT TO:

- Increase parental self confidence
- Strengthen their bond with their children and ability to tune into their partner and children
- Take home materials and suggestions and practical strategies to try at home.
- Learn to look after themselves
- Develop a healthy parenting style
- Learn to manage common challenging child behaviours at home and outside, such as tantrums, school/bed routine struggles, non compliance, sibling conflict and aggression.
- The program will include:
  - Engaging, interactive workshops
  - Engaging multimedia presentations
  - Practical insights and tools
  - Opportunities to explore ideas

## doncare

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[www.doncare.org.au](http://www.doncare.org.au)

## BOOKINGS ESSENTIAL

4 SessionS \$25

To reserve your place email  
[doncare@doncare.org.au](mailto:doncare@doncare.org.au)  
or call 9856 1500

## MR NAV BAJAJ



Nav is a Psychologist who has experience working with children, adolescents and adults within community and educational settings. Nav is passionate about assisting individuals to thrive and live a life guided by their highest values. He has a special interest working with presentations such as trauma, grief and loss, depression, anxiety, sport/performance-related difficulties, and anger management. Nav uses a diverse approach to practising evidence-based interventions, which include acceptance and commitment therapy, schema therapy, mindfulness, and cognitive behavioural interventions. Additionally, he has received training in clinical assessment learning and behavioural difficulties in young individuals. Nav is a member of the Australian Psychological Society (APS) and is registered with the Australian Health Practitioner Regulation Agency (AHPRA).

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WHO KNEW THAT PARENTING  
WOULD BE FILLED WITH  
OVERWHELMING LOVE AND  
PROTECTIVENESS, MONUMENTAL  
PARENTING FAILS, MOMENTS OF  
ASTONISHING DISCOVERY AND  
THE REALIZATION OF THE  
INCREDIBLE RESPONSIBILITY  
THAT LIES IN OUR HANDS.

JANET RUNNALLS



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