

Who is P-TOT for?

Enquire about P-TOT if you are:

- unsure how to manage your toddler's behaviours.
- feeling disenchanted and frustrated with child rearing.
- feeling that you want more knowledge and skills as a parent.
- feeling that you want to know more about child development.
- feeling overwhelmed by the demands of caring for a young toddler.
- experiencing difficulties in connecting and interacting with your child.

What is Parent-Toddler Therapy?

It is for Parents and Toddlers aged 12 to 30 months:

P-TOT is designed to promote positive, loving and satisfying interactions and relationships between caregivers and their toddlers (aged 12-30 months).

It is a 12-week program

The program runs for 12 consecutive weeks and can be tailored to meet your specific needs.

You will work with a Psychologist

You will be coached by a qualified psychologist to acquire the skills and knowledge necessary to create a more positive, happy, harmonious and fulfilling relationship with your child.

PTOT is conducted at Griffith University, Gold Coast Psychology Clinic

Transportation assistance?

Let us know if you need help with transportation.

What You Will Find Out?

How to understand your child's emotional and behavioural cues.

How to provide structure and set age-appropriate and consistent boundaries and limits.

How to support your toddler's strive for independence, self-expression and choice.

How to deal with developmental issues including tantrums, eating problems, toilet training and sleeping problems.

About normal child development, and the most important developmental milestones.

What to expect from your toddler.

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QUESTIONS???

Call and talk to us:

Rae Thomas: Coordinator

Phone: (07) 5552 9115

or

The Family Interaction Research Program

Office

Phone: (07) 5552 9105

What Can You Expect After P-TOT?

More trusting, positive, loving and satisfying parent-child interactions.

An increased understanding of a your young child's behavioural and emotional cues and signals.

A toddler who is happier and better adjusted.

Increases in your confidence and decreases in your distress.

Increases in your positive parenting skills and child management skills.

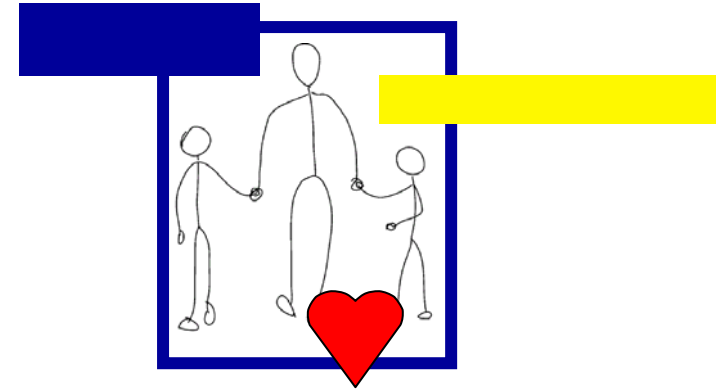
Increases in your knowledge of child development and important developmental milestones.



Mailing: Griffith University – Gold Coast
School of Psychology
PMB 50 GCMC
Griffith University QLD 4222

Location: Psychology Clinic, Business 1
Building, 1st Floor, Parkland Dr., Southport

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Parent-Toddler Therapy

Nurturing Parent-Child Relationships

for Parents with Toddlers

**Griffith University
Gold Coast**

