



Children's Developmental & Behavioural Supports

Caregiver workshops

To register for workshops

Email behaviouralsupports@durham.ca or call 905-668-4113 ext. 2829.

- In-person sessions will be held at 605 Rossland Road E, Whitby (corner of Rossland Road E and Garden Street). Register early as these workshops have limited capacity.
- Virtual or Hybrid sessions will be run using Microsoft Teams. Participants will be sent the link to join the sessions via email along with handouts.

Come With Me

Transitions and Routines

Wednesday, October 1, 2025

6:00 – 8:00 pm

Location: 605 Rossland Road E., Whitby Room 1B

Presented by Bonita Zulauf and Lynne Wojnarowski

Does your child struggle with transitions and daily routines? Do you feel your child could be more co-operative? Join this workshop to discover practical strategies that can help make transitions and routines more successful for you and your child.

In this workshop caregivers will learn how to:

- Set clear and consistent expectations
- Use transition warnings to prepare your child
- Give instructions that are easy to follow
- Incorporate visual supports to guide routines
- Reinforce positive behaviours and successful transitions.

Plus, you will create and take home a personalized visual strategy to use with your child, a helpful tool to support smoother transitions and routines at home.

Please Note: This is an in-person workshop with limited capacity. Please register early.

Cool Heads, Calm Kids

Helping your child manage big feelings

Thursday, October 16, 2025

12:00 to 1:30 pm

Presented by Jolena Oldfield and Samantha Francis

During this online session caregivers will learn about what self-regulation is and how it relates to children.

- What dysregulation looks like and some reasons why it may occur.
- Co-regulation and what a caregiver's role is as "co-regulator".
- Strategies and activities that support self-regulation development.

Please Note: This session will be run using Microsoft Teams. Participants will be sent the link to join the session via email along with handouts

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Ready – Set – Potty

Toilet training your child

Thursday, November 20, 2025

1:00 to 3:00 pm

Location: 605 Rossland Road E, Whitby - Room 1A

Presented by Samantha Muir and Bonita Zulauf

Is your child ready to be toilet trained? Why is the process so difficult? This workshop will provide an overview of toilet training and discuss strategies to enhance readiness skills. The workshop will include strategies appropriate for all children, including those with special needs and/or developmental delays. There will be an opportunity to make visuals to take home.

Please Note: This is an in-person workshop with limited capacity. Please register early.

From Frustration to Understanding

Helping caregivers decode the purpose behind their child's behaviour

Wednesday, January 28, 2026

12:00 to 1:30 pm

Presented by Lauren Jefferson and Megan Enns

Children's behaviour can often seem puzzling, frustrating or even overwhelming, but every behaviour serves a purpose. This workshop is designed to help caregivers decode the "why" behind their child's actions by exploring the concept of behaviour function.

This session will introduce caregivers to four primary functions of behaviour:

- Attention
- Escape
- Access to tangibles
- Sensory seeking or avoidance

Through real-life examples, interactive discussion and practical strategies, caregivers will learn to identify the underlying reasons for their child's behaviour and respond in ways that promote positive change.

Please Note: This session will be run using Microsoft Teams. Participants will be sent the link to join the session via email along with handouts.

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The Co-operation Code

Strategies to encourage cooperation with your children.

Tuesday, March 10, 2026

12:00 to 1:30 pm

Presented by Ashley Brock & Heidi Perryman

Join us for this online interactive session designed to help caregivers communicate more effectively with their children and encourage cooperation in everyday situations. You will learn practical strategies for:

- Giving clear and effective instructions
- Using "First-Then" language to promote follow through
- Apply praise in meaningful ways – and know when not to praise.

Through relatable scenarios, caregivers will explore how to put these tools into action and leave with the confidence to continue to encourage their child's cooperation and success during everyday situations.

Please Note: This session will be run using Microsoft Teams. Participants will be sent the link to join the session via email along with handouts.
