

Morning Talks/Conversations for Parents Melbourne Rudolf Steiner School

With Teresa Harkin, Anthroposophical Nurse, Melbourne Therapy Centre

Tuesday mornings May 14th & 28th & June 11th

9.30 – 11.30 am in the Acorn Room at Melbourne Rudolf Steiner School



Teresa Harkin is an experienced Anthroposophic Nurse who has worked at the Melbourne Therapy Centre for over 10 years. She is passionate about her craft and in educating others, empowering parents and individuals on self-care and care of their families from home. Please join us as we present an opportunity to care for your loved ones at home, the natural way.

May 14: We will be discussing warmth. What is warmth? Why do we need warmth? What type of warmth do we need?

Learn the benefits of and how to give a footbath. A simple, humble activity that is an amazing treatment in its own right.

Please bring a bucket or bowl that your feet will fit in, 2 towels and a lemon.

May 28: Fever. Why is this an important process in a child's development. How to manage a fever? Learn how to bring a fever down, gently and safely, naturally. Learn how to make an effective cough syrup and an inhalation for stuffy noses.

Please bring a small onion, honey, glass jar.

June 11: Some lucky person will experience a chamomile abdominal compress. Learn the benefits, the what, why and who of this procedure, so you can use at home for your children.

Bring your questions.

We hope you can join Teresa and share in these informative talks and practical advice.

There will be morning tea/coffee and Davina will help mind the little ones.

213 WONGA ROAD, WARRANWOOD CONTACT: JENNY OR DAVINA ON 9844 8411 OR info@mrss.com.au FREE ENTRY – HELD

IN OUR ACORN ROOM OFF CENTRAL DRIVEWAY