

# Term 4

## 2 Hour Information Sessions

### Via Zoom

#### **Raising confident, Competent Children**

*For parents and carers of children aged between 2-12 years*

This sessions looks at

- How we teach our children to be respectful and considerate
- Supporting good communication and social skills.
- Having a healthy self esteem,
- Support problem solving
- Encourage independence

**Friday 22nd October  
10am—12pm**

#### **Emotion Coaching — Connecting with our kids**

*For parents and carers of children aged between 2-10 years*

This sessions looks at

- Emotional intelligence and why it's important
- Children's brain development
- How to tune into your children's emotions
- Help manage behaviours,
- Support children to regulate
- Their emotions different styles of parenting

**Wednesday 27th  
October  
7pm—9pm**

#### **Adolescent Parenting**

*For parents and carers of children aged between 12—18 years*

This sessions looks at

- Development of teenager's and it's impacts and challenges
- How we can support your teenager's emotions and build resilience,
- Connecting with your teenager
- Helping to problem solve
- Family values.

**Tuesday 16th  
November 7pm—9pm**

#### **The Power of Positive Parenting**

*For parent and carers of children aged between 2-12 years*

This sessions looks at

- Building strong relationships with children,
- Good communication
- Teaching new skills
- Predictable routines
- Expectations of children
- Focusing on the positives
- Balancing family life

**Thursday 18th  
November  
10am -12pm**

***Bookings are essential***

**Contact Andrea on 0457 279 796 to enrol or for more information**

