



## POSITIVE PARENTING SKILLS IN TIMES OF CRISIS

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I have spent 25 years teaching children and educating parents as to how they can get the very best out of their children. Thankfully despite very uncertain, challenging times, I am now seeing the real benefit of having used these strategies in practice with my own 4 children for the past 18 years. Having them in my 'parenting toolkit' is really helping our family manage this unprecedented situation as calmly and confidently as possible.

This webinar will provide parents with very practical, realistic tools and strategies to support their children, so this period can be a bit calmer and easier for everyone.

### SESSION OUTLINE

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- Family values – know your why
- United front
- Realistic expectations
- Establishing rules and boundaries
- Rewards and consequences
- Family meetings/ Solution Time
- Special time

### SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

### RACHEL VECHT (SPEAKER)

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Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. 19 years ago she founded 'Educating Matters' to engage, guide and support employees with caring responsibilities. Our extensive client list covers a wealth of different sectors including: banking & finance, legal, retail, accounting, tech, construction, media, utilities and recruitment.

Rachel is a mother of 4 children. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools, writes in the national press and offers one-to-one consultations to parents globally.