

## FAMILY LIFE

<b>SINGLE PARENTS MATTER</b>	Exploring common hurdles faced by single parents and how to overcome them.
<b>BLENDED FAMILIES MATTER</b>	Strategies and realistic steps to make the blending families process one of compassion and bonding that will build a new family unit.
<b>ACCEPTANCE MATTERS</b>	Raising children that are accepting of all families and people. How LGBTQ+ parents can raise children that are confident when faced with ignorance and how parents can help LGBTQ+ children to be resilient.
<b>MENTAL HEALTH MATTERS</b>	What is 'mental health', acknowledging children's feelings and how to support your child if their mental health is a concern.
<b>DIVERSITY MATTERS</b>	Providing parents with the skills and resources they need to help their children not only understand, but respect and enjoy the many cultures and experiences our world has to offer.
<b>ALLIES MATTER</b>	How to teach children or adults to be allies, to be authentically inclusive from a place of respect and empowerment.
<b>UNCONSCIOUS GENDER BIAS MATTERS</b>	Exploring how to bring up children in a more empowering, gender-neutral environment, helping parents to avoid unconsciously imposing or reinforcing gender stereotypes on their children.
<b>BILINGUAL MATTERS</b>	Addressing common questions that parents have about bringing up a bilingual or multilingual child. Providing practical strategies, drawing on recent research and practice.
<b>SLEEP MATTERS</b>	A dive into common sleep problems, factors affecting sleep patterns and lots of tips and techniques to improve sleep. Can be geared to adults or children.
<b>BULLYING MATTERS</b>	Realistic and specific tools and strategies for preventing lifelong emotional trauma, whether your child is being bullied or is the bully. . Helping children develop a reality and sense of self-worth that protects them.
<b>EATING MATTERS</b>	Using the latest nutritional research, cutting through the confusing jargon and hype to provide a wide range of practical tips and advice for parents and children to eat smart and be healthy.



*I feel so grateful to work for a company that values, encourages and supports employee networks. All afternoon I've been speaking with our business's working parents. Following the session our parents are feeling empowered to immediately change the conversations with their children. I know that this session's positive effects will be felt not only at home but in the workplace too.*