

## POSITIVE PARENTING SKILLS

### TODDLERS MATTER

Toddlers can be great fun and incredibly loving. They can also be absolutely exhausting and unpredictable. This session explores what is going on in a toddler's mind and how parents can communicate effectively with them.

### TEENS MATTER

The teenage years can be a challenging time for many parents. Guidance on communicating effectively with teens to stay connected and maintain a close relationship, while also making boundaries work.

### MOTIVATION MATTERS

Tips on talking to children to encourage them to be more motivated and co-operative. Building a positive bond between parent and child to encourage good behaviour and boost a child's self esteem.



### EMOTIONS MATTER

Building a child's emotional intelligence. Guidance on how to listen with more empathy and understanding so that children can express their feelings and deal with emotions more constructively, enriching communication and the relationship between parent and child.

### RESILIENCE MATTERS

What is resilience, why is it important and how can you nurture it in a child.

### SIBLING MATTERS

Practical skills to encourage more good feeling between children, knowledge on when to intervene and how to teach children to resolve conflict with siblings or peers.

### VALUES MATTER

How to clearly define family values to enable parenting in a more purposeful way. How to formulate and communicate clear boundaries to children so they have clarity and consistency.

### PREPARATION MATTERS

All parents want the best for their children and want to know how to enable them to fulfil their full potential. Practical steps to prepare children for success so that they are more likely to get things right and become their best selves.

### DADS MATTER

This session gives dads a chance to think about what kind of father they want to be. Explores differences in the relationship between fathers and sons versus fathers and daughters. Covers some core parenting skills that really enable dads to get the best out of their relationship with their children.