

Family Life

Single Parents	Exploring common hurdles faced by single parents and how to overcome them.
Blended Families	Strategies and realistic steps to make the blending families process one of compassion and bonding that will build a new family unit.
Acceptance	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.
Mental Health	What is 'mental health', acknowledging children's feelings and how to support your child if their mental health is a concern.
Diversity	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.
Allies	How to teach children or adults to be allies, to be authentically inclusive from a place of respect and empowerment.
Unconscious Gender Bias	Bringing up children in a more empowering, gender neutral environment, avoid unconsciously imposing or reinforcing gender stereotypes.
Bilingual	Addressing common questions that parents have about bringing up a bilingual or multilingual child. Providing practical strategies, drawing on recent research and practice.
Sleep	Tips and techniques to improve sleep. Can be geared to adults or children.
Consent	How to ensure psychological safety for all around sexuality and active consent.
Money	A series of talks on different aspects of managing money and teaching children about money.
Organisation	Tips on decluttering to create space, increase confidence and improve wellbeing.
Eating	Using the latest nutritional research, cutting through the jargon to provide tips and advice for parents and children to eat smart and be healthy.
Bullying	Realistic and specific tools and strategies for preventing lifelong emotional trauma, whether your child is being bullied or is the bully.