

## Positive Parenting Skills

<b>Parenting</b>	An exploration of different styles of parenting and their impact, developmental stages and children's temperaments.
<b>Toddlers / Teens</b>	2 separate sessions exploring what is going on in a toddler or teenager's mind and how to communicate effectively, maintain a close relationship and set boundaries.
<b>Motivation</b>	Tips on talking to children to encourage them to be more motivated, co-operative and to develop a 'growth mindset'. Building a positive bond between parent and child to encourage good behaviour and boost a child's self esteem.
<b>Emotions</b>	Nurturing a child's emotional intelligence and supporting their mental health. Guidance on how to listen with more empathy and understanding so that children can express their feelings and deal with emotions more constructively.
<b>Resilience</b>	A look at what resilience is, why it is important and how you can nurture it in a child.
<b>Siblings/Peers</b>	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.
<b>Values</b>	How to clearly define family values to parent in a more purposeful way. How to formulate and communicate clear boundaries to children so they have clarity and consistency.
<b>Dads</b>	This session gives dads a chance to think about what kind of father they want to be. It covers some core parenting skills that really enable dads to get the best out of their relationship with their children.
<b>Keeping Calm</b>	Keeping calm is 'the holy grail of parenting'. This session explores understanding common triggers and techniques to stay calm in the moment.
<b>Independence</b>	Developing independence and good habits, so children are prepared for the adult world.
<b>Raising Boys</b>	Exploring masculinity from a 21st century perspective. Addressing the physiological changes boys go through, how they impact attitude, instilling confidence, developing emotional intelligence.