

## Family Life Matters

<b>Anxiety in Children</b>	<p>Children today are being asked to cope with an unprecedented amount of stress and anxiety. Whilst children are resilient, at some point they may suffer from toxic anxiety/ stress overload which can impact their learning, sleep, eating and relationships. In this session, we will discuss anxiety from a child's perspective and how to offer support.</p>
<b>Blended Families</b>	<p>There are few moments more intimidating than meeting your partner's children. In today's world, blending families is so very common. However, finding the right way to do it seems like a minefield! This session will help you with strategies and realistic steps to take to help make this process one of compassion and bonding that will build a new, connected family unit.</p>
<b>Single Parents</b>	<p>Raising children in today's world is a full time gig. Single parents carry the weight of that responsibility alone. They have unique challenges and deserve to be supported and respected! This session will address common hurdles to overcome as a single parent giving realistic tools to help.</p>
<b>LGBTQIA+ Families</b>	<p>How do parents raise children that are accepting of all families and people? How do LGBTQIA+ parents raise children that are confident when faced with ignorance? How do parents help LGBTQIA+ children to be resilient and accepting of themselves?</p>
<b>Raising Children in a Multi-cultural World</b>	<p>Our world is becoming more and more interconnected each day. In this global village, it has become necessary to challenge ourselves and our children to become global citizens. Preparing our children to be tolerant of others and happy and at home in our world is one of the greatest gifts we can give children. This session will give adults the skills and resources they need to help children not only understand but respect and enjoy the many cultures and experiences our world has to offer.</p>
<b>Raising Allies for the Future</b>	<p>Our children are being raised in a world with more awareness of human experiences that are different to their own. Children can sometimes fear what they do not understand. Adults in the lives of these children want to make sure that awareness leads to allyship as a value. In this session, we will discuss how to explain allyship in a way that children can understand.</p>
<b>Talking Race and Religion with Kids</b>	<p>Race and religion are tough topics to speak about for many adults. However, we know that as parents, we want our children to be prepared to engage with diversity in a way that allies them with those who are different. We also want them to understand their own heritage and how it fits in this tapestry of a world. In this session, we will talk about how to develop these bigger conversations.</p>
<b>Grandparents</b>	<p>Families come in all shapes and sizes. So do grandparents! For those lucky enough to benefit from a grandparent relationship, life can be fuller. With 51% of grandparents supporting families with childcare, it is important to know how to maintain a healthy relationship full of mutual respect. In this session, we will talk about the different roles grandparents play in family life.</p>

<p><b>Gender and Sexuality: You can't ask that!</b></p>	<p>The structure of the family has become more diverse. The 21st century has seen a rise in LGBTQIA+ family visibility due to increased acceptance and representation. As adults, we understand the evolution that has taken place as our society learns to embrace families of all make-ups. However, children often have questions that on the surface seem daunting. How do parents raise children that are accepting of all families and people?</p>
<p><b>Consent</b></p>	<p>This session will look at how to have open discussions around sexually exploitive topics in a way that does not condemn our children for behaviours of other people. Instead, we will set our children up to be allies for the empowerment of others. We will learn how to address biased language, how to understand active consent and how to ensure psychological safety for all around sexuality.</p>
<p><b>Talking about sex and relationships: I can't ask that!</b></p>	<p>Few things are more daunting than having "the talk" with children. Parents often feel unsure about what to say, when to say it and how specific to be. In this session, we will look at Sexual Education not as a single talk, but as an evolving conversation. For 21st century families.</p>
<p><b>Unconscious Gender Bias</b></p>	<p>The 21st-century parent wants to raise their child with the belief that they are capable of achievement. However, everyone comes with an unconscious bias. The language that we use and have heard, the lessons we have learned from influential adults and the media we consume all feed into our bias. In this session, we will explore how bias can show up and what to do about it.</p>
<p><b>Raising Boys</b></p>	<p>"Boys don't cry." "Man-Up". Whether implicit or explicit, this rhetoric is hurting our boys by not allowing them to develop their emotional intelligence and define healthy masculinity. In this session, we will talk about instilling confidence in our future young men by developing their emotional intelligence and opening up the world to greater opportunities through accessing all of the resources available to them.</p>
<p><b>Meeting Our Kids in the Metaverse</b></p>	<p>'Tech is bad...right?' This is a question parents have been grappling with since television became a household staple. However, the digital age is developing at a pace that feels difficult to keep up with as a parent. In this session, we will talk about the representation of the metaverse and what it means for our children.</p>
<p><b>Bilingual</b></p>	<p>This session will address common questions that parents have about bringing up a bilingual or multilingual child, along with practical strategies, drawing on recent research and practice.</p>
<p><b>Sleep</b></p>	<p>This session explores the causes and offers solutions to your child's sleep issues, including how to encourage your child to sleep in their own bed and how best to manage if your child wakes from a nightmare, or night terror. You will leave armed with a toolkit of techniques to help your child on the road to better sleep.</p>
<p><b>Sleep for Babies &amp; Toddlers</b></p>	<p>Tips and advice to help your child sleep better using gentle sleep techniques and plans! If you have a toddler who won't sleep in their own bed, or a baby who only sleeps when feeding, this session provides the tools and knowledge.</p>
<p><b>Eating</b></p>	<p>Using the latest nutritional research, this session will cut through the jargon and hype, and make it very clear what good parenting in this area means. You will be given a wide range of practical tips and advice for you and your children to eat smart and be healthy.</p>

<b>Speech &amp; Language</b>	Some children seem to learn language and communication through unconscious absorption but for other children language learning doesn't seem to come naturally and needs to be built step by step. How do you know when things are not on track, when do you start to do things to help and what exactly can you do?
<b>Organisation</b>	This session looks at how, as parents, you can help teach your child the art of organisation so that they too can feel the benefit and develop their skills which in turn can help improve their education, independence and mindfulness. Decluttering also supports the promotion of a culture of sustainability.
<b>Sustainable Parenting</b>	This session helps us start to explore some of the things that we can do as parents to lower our environmental impact, hopefully without adding to the guilt that seems to often come hand in hand with parenting.

## Speakers

These sessions are delivered by a range of different speakers, all of whom have extensive professional qualifications and lived experience of the topics they speak about.

Do reach out for further information about different speaker bios relating to the topics that you would like to address.

We are also always open to creating more bespoke content or sourcing new speakers on additional topics you may have in mind.

