

## Raising Children Matters

<b>Understanding Yourself &amp; Your Child</b>	<p>This session will also explore the impact of different parenting styles and how parents can have realistic expectations based on understanding children’s developmental stages and taking into account the temperaments of both parent and child.</p>
<b>Motivation: How to talk so kids will listen</b>	<p>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.</p>
<b>Emotions: How to listen so kids will talk</b>	<p>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.</p>
<b>Resilience</b>	<p>Exploring strategies to help children manage their emotions and deal with life’s ups and downs without tears and tantrums. It will also look at encouraging a more positive, motivated outlook and ‘can do’ attitude so children are willing to try new things and persevere when something is difficult.</p>
<b>Sibling / Peer Harmony</b>	<p>This session explores why children fight and how to reduce tension between children. Sharing practical skills to encourage more good feeling between children, know how and when to intervene and how to teach children to resolve conflict with siblings or peers.</p>
<b>Values</b>	<p>This session will highlight the importance of defining family values clearly so that we are able to parent in a more purposeful way. It will also cover how to formulate and communicate clear boundaries to our children, so they have clarity and consistency.</p>
<b>Independence</b>	<p>Our role as parents or carers is to focus on training our children to do things independently rather than doing things for them. This enables children to develop good habits and behaviours that will last them a life time.</p>
<b>Keeping Calm</b>	<p>‘The holy grail of parenting’. This session provides some tried and tested techniques, to understand what to do in the moment when your buttons have been pushed, along with highlighting the importance of taking steps to look after yourself, so that you can be the calm, patient parent you truly want to be!</p>
<b>Setting up for Success</b>	<p>Practical steps you can take to prepare your children for success so that they are more likely to get things right and you can help them become their best selves, get into good habits with less resistance and fulfil their full potential.</p>
<b>Understanding Behaviour</b>	<p>What is an effective way to help children take responsibility for their behaviour? Exploring ‘positive discipline’, understanding the causes of ‘mis’behaviour, how to use consequences effectively and handle mistakes our children make.</p>

<b>Toddlers</b>	<p>The toddler years can be a challenging time for parents. This session will firstly consider what is going on in a toddler's mind and then explore how parents can communicate effectively with toddlers to really support them and get the best out of them during this exciting period.</p>
<b>Teens</b>	<p>It can be a scary and frustrating time for parents, and teens can feel misunderstood, angry and detached! This session will firstly consider new research into the changes going on in a teenager's brain and then explore how parents can communicate effectively with teens to really stay connected, have a close relationship and at the same time make boundaries work.</p>
<b>Dads</b>	<p>Celebrating how the role of fathers has evolved and normalising common challenges. The session will also cover some core parenting skills that really enable dads to parent in a positive way and get the very best out of their relationship and connection with their children.</p>



## Facilitator Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers. In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally. She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.

