FREE PARENTING COURSES

Valuable free information sessions for families.

THURSDAY 14 & 21 JUNE 2018

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Supporting Anxious Children

Does your child seem worried or stressed?

FREE INFORMATION SESSION

Bossley Park Public School in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 12 to this information session presented by

Petra Will Herat
Social Psychologist, Parent Educator

Worrying is experienced in all children - it is a natural part of growing up. Most children learn to cope with worries and fear. In some children worrying can lead to anxiety and can affect their learning and development. In this session parents will learn ways to encourage their child's resilience, confidence and promote a positive attitude.

Petra will discuss

- Skills to guide and support your child's anxiety
- Skills to remain calm and supportive
- Raising self awareness of parents own emotional state
- Parents as role models

Thursday 14 June 2018
9.00 - 11.00am
Bossley Park Public School
Marconi Road, Bossley Park

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

Please fill in the slip below and return to office staff at Bossley Park Public School or alternatively you can call 0407 708 626 to book your place.

I will be attending the Supporting your anxious child information session at Bossley Park Public School on Thursday 14 June 2018 from 9.00 to 11.00am.

Parent/Caregiver's name:
……..

Contact number:……

Families Together is funded by the NSW Department of Education and sponsored by Fairfield City Council

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Families Together

FairfieldCity
Celebrating diversity

Guiding the behaviour of young children 0-5 years

FREE INFORMATION SESSION

Families Together invites mothers, fathers, carers and grandparents with children up to the age of 5 to this information session presented by

Petra Will Herat
Social Psychologist, Parent Educator

All children sometimes behave in ways that are challenging to parents. As they grow up, children learn what constitutes acceptable behaviour and how to control inappropriate behaviour. Research shows that brain development and social development are strongly linked. Providing safe nurturing relationships and experiences supports the growth of the child's brain. If parents support their children in this important period, they can lay strong foundations for their child's social skills, brain ability and their mental health.

This session aims to promote positive parenting through behaviour guidance and improve positive outcomes for children and families.

Petra will be discussing
- what makes a child's behaviour difficult
- are your expectations developmentally appropriate?
- the difference between positive behaviour and misbehaviour
- skills to help you guide your child's behaviour

Thursday 21 June 2018
6.45 - 8.45pm
Revesby Uniting Church
219 The River Road, Revesby

Please note there is no parking on The River Road outside the church before 6.30pm

Bookings are essential and places are limited. Please call 0407 708 626 to book your place.

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas. Children's services workers, teachers, family support workers and other professionals will not be given a place.

Child minding is not available for this information session.

NSW GOVERNMENT Education

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