



Parents want the best for their children! They want to help them develop confidence and motivation. They want their children to listen and cooperate, and be willing to try hard and persevere when things get tricky. They want them to become resilient and able to handle upset and frustration. They want their children to reach their potential, have great friendships and much more. In short, they want their children to thrive.

The good news is that parents can achieve all this with some basic positive parenting techniques!

This workshop covers the following topics:



UNDERSTANDING BEHAVIOUR

We offer an insight into brain structure and cognitive development to help parents develop realistic expectations about how children typically behave.



GROWING SELF-ESTEEM AND INCREASING COOPERATION

We discuss how paying attention to children's positive behaviour, using Descriptive Praise, nurtures their self-esteem and also improves their levels of cooperation.



DEVELOPING EMOTIONAL INTELLIGENCE

We explain how parents can teach their children to recognise and manage their emotions effectively. This helps strengthen children's ability to self-regulate and also increases their resilience.



PREPARING CHILDREN FOR NEW AND CHALLENGING SITUATIONS

We explore the best ways to prepare children to cope with new or challenging situations. By talking and practising ahead of time, children are more able to do their best.