



FINDING A CALMER PARENTING STYLE

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Being a parent is hard work and it can be stressful at times. When children are rude, demanding, and un-cooperative, and when they provoke their siblings, or deliberately ignore or flout the family rules, most parents are pushed to shouting, blaming and threatening.

Sadly, these negative reactions are not only ineffective at improving behaviour, they also increase tension and stress within the family.

Learning calmer and more effective responses to children's behaviour reduces stress within the home and leads to optimal outcomes for children.

This workshop covers the following topics:



UNDERSTANDING OUR REACTION TO OUR CHILD'S BEHAVIOUR

We look at why parents have such strong emotional reactions to particular behaviours in their children. We learn how these reactions are driven by expectations and assumptions that are hard-wired into our brain.



DEVELOPING CALMER AND MORE EFFECTIVE RESPONSES

We explore aspects of children's development and temperament that affect their behaviour. We explain how to re-frame these expectations and assumptions and identify ways to respond more calmly and effectively to negative behaviour.



MANAGING STRESS

We discuss several practical ways to manage stress and improve general well-being. This is fundamental to our ability to parent in a proactive and positive manner. It also boosts our confidence and makes parenting more enjoyable!