



# TALKING KIDS WORKSHOP

## Week 1

### **Ages and Stages of Child Development**

Having more knowledge of social, emotional and brain development can provide more realistic expectations of children.

Discover what you are expecting from your child? Too much or too little?

### **Explore your Parenting Styles**

Our parenting styles come from our inherited genetic make-up, the family environment in which we were raised, and the broader culture in which our families live. Parenting styles greatly influence not only how a child develops and socialises but also how they learn.

## Week 2

### **Family Belonging**

Explores building resilience in your child, through unconditional love and spending quality, fun time as a family.

### **Communication**

Lots of parents feel frustrated when children don't seem to listen.

How can you make them understand?

### **Building Resilience**

Learn how to raise children who are able to handle the ups and downs of daily life. Give them skills to be able to bounce back from the knocks, enabling them to be happier and more successful into adulthood.

## Week 3

### **Consistency**

How many times do we give in to stop the whining because we are tired, and busy?

What did your child learn from that?

Explore strategies to assist you with being more consistent.

### **Routines**

Children feel secure when they know what to expect.

Is your house a "mad house" sometimes?

What can you do about it?

## Week 4

### **Guiding Behaviour**

Most of us were raised by "if you don't fear it, you won't learn". Did you like it? Is there a way to be less aggressive but just as effective?

How can we encourage children to be responsible for their actions?

## Week 5

### **Looking After Yourself**

Why do we get so angry and frustrated? How can we control it better?

You do so much for your kids, why don't they seem to respect you for it?

### **Keeping the Changes Going**

You know what you have to do. Why is it so hard to do, and how do I keep it up?