



## 2020 PARENTING INFORMATION & DISCUSSION GROUP

Parents will have the opportunity to attend a series of personalised parenting sessions with Mark Le Messurier through 2020. Each month Mark will briefly present a different topic to an intimate group (upper limit of 16) people. Then, participants will have plenty of time for discussion on the topic, plus any other issues you wish to raise. You may book into one, a few or all 9 mornings. These are free of charge, but if you reserve a place we ask you to do your best to attend. Please note that we are unable to cater for children in the group.

### TOPICS

- **26 February:** **My Disorganised Child** – An optimistic collection of activities and conversations that support the emergence of organisational habits.
- **25 March:** **What are you setting your Kids up for?**—Bring along your parenting values and priorities. Let's compare and discuss. To be successful, children need the most important people in their lives to have sorted out what really matters so they can build a life that enables and sets them up for success!
- **27 May:** **Ideas to Nurture Emotional Awareness and Resilience in Children, Young and Old.** We are the 'primary gatekeepers' for the wellbeing of our children. Teaching emotional awareness, emotional intelligence and resilience celebrates what it is to be human. The focus of this session is to explore how to make the most of this!
- **24 June:** **Behaviour Change** —Grounding ideas to tame ugly behaviours in children of all ages
- **29 July:** **Raising Beautiful Kids—Windows** - What's your parenting style? Can you name it? Is it working? Is it healthy and sustainable? Let's explore, chat and tweak!
- **26 August:** **Practical Behaviours to inspire family connection and cohesiveness**—Let's work through a basic checklist of ideas (and how to carry them out) that support everyone in the family to feel secure, listened to and feel as though they have a voice.
- **23 September:** **The Goals of 'Mis'Behaviour** – savvy ways to re-interpret and work with tricky behaviour through a positive behavioural support lens.
- **28 October:** **Screen Addiction** – Is rewiring children's brains, their habits and their future. In this workshop I'd like to take you down a road that creates a balance between the lure to screens and living a real life.
- **25 November:** **Dealing with Big Emotions** —Ideas to help your child manage Anxious and Angry feelings.

**10am-12pm in the Community Room**

411 Fullarton Road, Fullarton SA 5063

Bookings: ph 8372 5180 or email [pdale@unley.sa.gov.au](mailto:pdale@unley.sa.gov.au)

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