



Creating Confident Children Seminar

Glen Education has teamed with Family Life, Stride Education and Glen Eira Council to support parents in raising confident children

Come along to our online seminar to learn strategies to help children with feelings of anxiety and anger, and build resilience and coping strategies

What you'll learn:

- Common stressors on families with young children and tips to manage them
- More about emotional literacy & tips to raising an emotionally intelligent child
- Tips for minimising/deescalating emotional outbursts
- Managing change and transitions
- Strategies on how to talk and connect with your children
- Strategies to building confidence and self-esteem in your child
- The importance of social connections and tips to socialise with your pre-schooler
- Top tips for taking care of yourself
- Where to go for additional parenting support

WORLDWIDE
FDRROGO

2018
DORR

DWE
7GDVROD

718
SORS

&RV
VERR
VLDODGDFLW

 Book by clicking the [link here](#)



www.familylife.com.au

