



**Glen
Education**
Growing People

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

A must attend for parents and carers of young children.

Online:
via Zoom

Date:
Thursday 4th of May 2023

Time:
7pm to 8.30pm

Cost:
FREE but bookings are essential and spaces limited

 [Book by clicking the link here](#)

**STRIDE.
EDUCATION**
UPSKILL. EMPOWER. THRIVE.

www.familylife.com.au

