

WORKSHOP: PARENT SOS: HOW TO SURVIVE AND THRIVE DURING LOCKDOWN AND BEYOND

THE HF PROJECT

OUR WHY...

To support and empower parents to manage the challenges that parenting can bring by creating an environment of mutual respect .

OUR HOW...

Through experiential activities, we will be thinking, feeling & deciding... what drives children's behaviours and how to teach them important skills, values & behaviours.

OUR WHAT...

A two hour workshop to explore the outcomes below & how little things can make a big difference.

Learning tools and communication techniques to build healthy, happy and positive relationships with the whole family

WORKSHOP AGENDA & OUTCOMES

- **What is Positive Discipline?** – Understanding the theory.
- **Values, skills & behaviours** – What we want our children to learn & do our values and behaviours reflect these outcomes?
- **Communication Techniques** – Experiencing how small changes in vocabulary can have an enormous impact.
- **The Brain** – Understanding how the brain works and how a child's is different.
- **Thinking, feeling, deciding** – To understand how words and actions are perceived & digested and to navigate these areas successfully.
- **Self-care** – To recognise how we feel impacts how we respond.
- **Real life application** – How to apply these principles to your life.

