

Workshop	Target Audience and Aims	Time
The Power of Positive Parenting	<p>Parents/ Carers of kids aged 2 – 12 years</p> <p>An introduction to the 5 key principles of Positive Parenting (Triple P) that promote a safe and secure attachment between parent and child: Having a safe and interesting environment, having a positive learning environment, using assertive discipline, building realistic expectations and taking care of yourself as a parent.</p>	1.5 hours
Raising Confident, competent children	<p>Parents/ Carers of kids aged 2 – 12 years</p> <p>This seminar focuses on the skills and attributes that help our children to become confident, competent and kind individual. The workshop breaks through the mystery, helping parents to identify simple and achievable strategies that they can embed in their homes and families.</p>	1.5 hours
Raising Resilient Children	<p>Parents/ Carers of kids aged 2 – 12 years</p> <p>The ability to bounce back from adversity is an invaluable skill. But how is it taught. This seminar from the Triple P series aims to help parents understand how they can promote emotional recognition and regulation, and their child's capacity to manage 'negative' emotions and stress in a way that encourages growth and learning.</p>	1.5 hours
Abecedarian Learning Games	<p>Parents/ Carers/ Professionals of kids aged 0 – 5 years</p> <p>Participants will:</p> <ul style="list-style-type: none"> • understand the Abecedarian approach. • have access to a number of learning games and understand how these activities positively support the development of children aged 0- 5 	1 hour
Adolescent Development	<p>Parents/ Carers/ Professionals of kids aged 8 – 18 years</p> <p>Participants will:</p> <ul style="list-style-type: none"> • understand the bio-psycho-social development that occurs in adolescence. • develop skills in parenting/ supporting their teen through this developmental stage 	1.5 hours



<p>Parenting Anxious Teens and Tweens</p>	<p>Parents/ Carers/ Professionals of kids aged 8 – 18 years living with diagnosed or sub-clinical anxiety</p> <p>Participants will:</p> <ul style="list-style-type: none"> • develop their knowledge and understanding of anxiety and its impact • identify strategies that will assist them in supporting their teen/tween • know when, where and how to seek further support for themselves/ their young person 	<p>1.5 hours</p>
<p>Supporting Early Communication</p>	<p>Parents/ Carers/ Professionals of kids aged 0 – 5 years</p> <p>Participants will:</p> <ul style="list-style-type: none"> • understand the developmental milestones for language and communication • understand their role within this developmental process • develop skills to assist within language and communication acquisition • know when, where and how to seek further support for themselves/ their child 	<p>1 hour</p>
<p>Complex Childhood Trauma</p>	<p>Parents/ Carers/ Professionals of kids/ young people (across the age spectrum)</p> <p>Participants will:</p> <ul style="list-style-type: none"> • know what complex childhood trauma is and its implications for traumatized children • identify educational interventions that serve to build positive and healing relationships, support meaningful engagement with education, and assist in the development of intra and interpersonal skills. 	<p>1.5 hours</p>
<p>Health and Nutrition</p>	<p>Parents/ Carers/ Professionals of kids/ young people (across the age spectrum)</p> <p>Participants will:</p> <ul style="list-style-type: none"> • know the nutritional guidelines, and understand the implications of good and poor nutrition • build on their ability to establish and encourage good eating habits • be provided with a wealth of lunchbox ideas 	<p>1.5 hours</p>



<p>New Beginnings and Anxiety</p>	<p>Parents/ Carers/ Professionals of kids transitioning into school</p> <p>Participants will:</p> <ul style="list-style-type: none"> • understand the social and emotional concerns that will confront them and their child • identify behaviours that can help and hinder this process of transition • develop strategies that will assist them to manage their own concerns • develop strategies that will help their child to overcome their concerns and anxieties and positively engage with this exciting time of change and growth. 	<p>1.5 hours</p>
<p>Dealing with Disobedience</p>	<p>Parents/ Carers/ Professionals of kids aged 2 – 12 years</p> <p>Participants will:</p> <ul style="list-style-type: none"> • understand <i>why</i> children misbehaviour and recognise the ‘parent traps’ that can contribute to the maintenance of disobedience • develop their ability to prevent and manage misbehaviour 	<p>1.5 hours</p>
<p>Mindful Parenting and the Child Brain</p>	<p>Parents/ Carers/ Professionals of kids/ young people (across the age spectrum)</p> <p>Participants will:</p> <ul style="list-style-type: none"> • identify the factors that influence their parenting style and their expectations of their child • develop their understanding of child brain development • develop skills in mindfulness and ‘mindful parenting’, increasing their capacity to respond to child behaviour with an understanding of influencing factors and child development. 	<p>1.5 hours</p>

