



# Proactive Parenting

Skills and Strategies for Effective Parenting



## Parent Presentations & Workshops 2015

WITH KATHY WALKER AND SHONA BASS



 **Early Life Foundations**  
Education Consultancy, Research & Parent Support



[www.earlylife.com.au](http://www.earlylife.com.au)

Want ideas and support in your parenting? Want the opportunity to explore and reflect upon a range of issues on children, society and parenting? Kathy Walker and Shona Bass are pleased to present our 2015 parent sessions and workshops. These sessions provide information and strategies that are simple, respectful and empowering for parents with their children.

Early Life Foundations provides expertise and support to parents, educators and organisations to create optimal parenting, learning and educational environments for children birth to 12 years.



## TUESDAY PARENT WORKSHOP SERIES

These 3 sessions are conducted by parenting experts and authors Kathy Walker and Shona Bass. Participants commit to attend all 3 sessions, which build upon and link to each other so that parents are able to discuss, ask questions, share with each other, and are provided with ideas and practical strategies. The sessions provide parents with the opportunity to practice at home and to bring back a reflection each week about how things are going – what worked and what didn't go so well! The sessions are tailored towards the individual needs of the participants and provide theory and practice that underpins effective parenting.

**Tuesday Parent Workshop Series are held at the Early Life Foundations Centre.**

**Tuesday from 7:00pm – 9:00pm:**

JULY  
20<sup>TH</sup>

JULY  
27<sup>TH</sup>

AUGUST  
3<sup>RD</sup>

## EARLY LIFE FOUNDATIONS – PARENT SERVICES AND SUPPORT

Early Life Foundations is committed to providing a range of information and education to parents. Our support provides the most up-to-date and well-researched information through a range of opportunities and services

Visit our website for more information related to the services and support we offer parents including:

- > One-On-One Consultations
- > Presentations
- > Workshops
- > Assessments
- > Parenting Fact Sheets
- > Quarterly Newsletter
- > Podcasts



## NEW Parent Initiatives in 2015

### ONLINE Parent Support

- > School Readiness > Choosing a School
  - > Proactive Parenting Skills
  - > Parenting Modules
  - > Rich Play at Home Kit modules
- www.earlylife.com.au



### Rich Play at Home Kits

- > Need an alternative to "screen entertainment"?
- > Looking for ideas on rich play experiences at home?
- > Looking for the ideal gift?

Check out our new range of kits specially designed for engaging children in rich play at home.



## MONDAY NIGHT PARENT INFORMATION SESSIONS

This suite of parenting information sessions is held monthly on Monday nights at the Early Life Foundations Centre. Come to one or as many as you like.

### What is School Readiness & How Do You Choose a School for the Future?

February 23

7:00pm – 8:30pm

Due to funding restrictions and choices, the earlier you hear this message the better! There is so much confusion across the community about when to send a child to school. Funding restrictions on a second year of 4-year-old kindergarten, mixed messages and so many different people ready with an opinion. This session clarifies not only the government requirements but also looks at why readiness is such an important issue to explore. In addition, this session provides discussion and tips for planning and thinking early on how to choose a school. NOTE: This session is targeted at parents of babies, toddlers and 3 year olds

### Parenting Tips & Unpacking Consequences

March 23

7:00pm – 8:30pm

How we parent in the present impacts upon not just the here and now, but influences how our children respond to others into their future and the decisions they make. This session provides a range of practical strategies for parents in managing and guiding their children's behaviours aged between birth and the early teenage years. This is a very practical session with loads of tips to take home and try! It will also unpack the use of consequences.

### Understanding Ourselves to Understand Our Children

May 11

7:00pm – 8:30pm

Effective parenting requires discernment and reflection and the empowering question of, "I wonder why"? The more we are able to understand ourselves, our reactions, our own emotional triggers, to consider the things that aggravate us as well as our strengths, the better able we are to understand and respond appropriately to our children. This session considers how to grow in our own self-awareness and how to consider more deeply the needs and attributes and what drives and motivates our children.

### Screen Time & Social Media: Balancing Technology Use in the Early Childhood & Primary Years

June 15

7:00pm – 8:30pm

Social media, popular culture, computer games, access to the internet, the list goes on and on! The mismatch between a child's technological maturity as opposed to a child's emotional and social maturity can often lead to real challenges and potentially expose children to over exposure and inappropriate experiences. This session focuses on how parents can ensure that children are not forming patterns of overuse or misuse of social media or screen time in any form.

### Resilience & Self Esteem

August 10

7:00pm – 8:30pm

As we progress through life, we face challenges as well as opportunities. The strongest foundation in life is to have a strong sense of self-concept that is developed early in life. In addition, to build the skills and attitudes of resiliency, to have a go, to problem solve, to learn how to deal with the challenges and opportunities we are given are critical in life. This session provides practical ideas on how to build children's self concept and resilience.

### Preparation for School

September 7

7:00pm – 8:30pm

You have chosen the school; you know your child is ready. Now comes the preparation for your child and the family. This session is a must for parents with children starting school in the new year. It has lots of practical strategies for home and for the transition into school for a smooth start to school.

### Parenting Tips & Unpacking Consequences

October 19

7:00pm – 8:30pm

How we parent in the present impacts upon not just the here and now, but influences how our children respond to others and us into their future and the decisions they make. This session provides a range of practical strategies for parents in managing and guiding their children's behaviours aged between birth and the early teenage years. This is a very practical session with loads of tips to take home and try! It will also unpack the use of consequences in detail.

### Anxiety – Understanding & Strategies to Reduce Anxiety in Children

November 16

7:00pm – 8:30pm

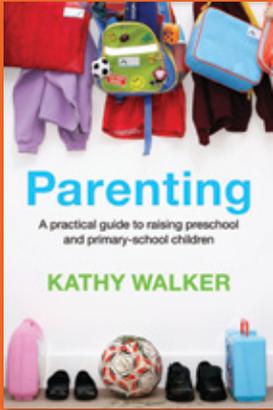
Anxiety is experienced by most of us at some stage in our lives; however across Australia the levels of anxiety experienced by adults and children is increasing. This session explores some of the reasons for this and provides practical strategies for parents and teachers on to how we can reduce anxiety for children.

### How to Survive & Enjoy the Holidays with Your Children!

December 7

7:00pm – 8:30pm

School holidays are a wonderful time for children to relax from what are often quite busy school and early childhood days. This session provides practical ideas on how to maximize enjoyment and minimize stress without having to spend lots of money.



# BOOKING DETAILS

<b>Monday Night Parent Sessions:</b>	\$20 per person \$30 per couple (no GST)
<b>Tuesday Parent Workshop Series (Set of 3):</b>	\$150 per person plus GST
<b>Coffee, Play &amp; Chat Mornings:</b>	\$10 per adult \$5 per child (no GST)

## VENUE

The Early Life Foundations Centre,  
Level 1, 50-52 Sunmore Close, Moorabbin, Vic 3189  
Phone: (03) 9551 1900  
All day parking available – details on our website  
(Contact us).

## BOOKING

Online via [www.earlylife360.com.au](http://www.earlylife360.com.au)  
> ELF Sessions > Select Session Stream > Search

**Please call the office for more information**  
**(03) 9596 9056**

## EARLY LIFE FOUNDATIONS

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[www.earlylife.com.au](http://www.earlylife.com.au)  
[www.walkerlearning.com.au](http://www.walkerlearning.com.au)

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provide evidence based practice.

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We are now on Pinterest  
Check out our boards!



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