



beyond
the seed

JOIN NICOLE KINGSTON

HELPING YOUR CHILDREN

Learn how to help your children develop problem solving skills, independence and resilience.

DECEMBER 4, 2022 | 2PM - 4PM | \$49
MIDDETON ROOM, KINGSTON COMMUNITY HUB
7 GOSHAW WAY, KINGSTON

THERE'S A BIG DIFFERENCE BETWEEN HELPING OUR CHILDREN IN WAYS WHICH KEEP THEM DEPENDENT (AND UNABLE TO MANAGE PROBLEMS) AND HELPING THEM IN WAYS WHICH MAKE THEM INDEPENDENT (AWESOME PROBLEM SOLVERS, RESILIENT AND STRONG).

TODAY, OUR CHILDREN ARE STRUGGLING TO COPE WITH EVEN THE SMALLEST OF PROBLEMS...WANTING, BOREDOM, A FRIEND PLAYING WITH SOMEONE ELSE, EATING FOOD THEY DON'T LIKE, CLOTHES FEELING SCRATCHY, SLEEPING IN THEIR OWN BED, A SITUATION NOT BEING THE EXACT WAY THEY WANT IT...THEY HAVE EXTREME REACTIONS TO SITUATIONS THEY DON'T LIKE.

THIS WORKSHOP WILL CLEARLY SHOW YOU HOW TO HELP YOUR CHILD IN THE MOMENT OF UPSET, IN WAYS WHICH SUPPORT THEM WHILE BUILDING THEIR PROBLEM SOLVING SKILLS, INDEPENDENCE, RESILIENCE AND EMOTIONAL REGULATION.