

PARENT SESSION

STARTING SCHOOL 2022: HOW YOUR FAMILY CAN **THRIVE** & NOT JUST SURVIVE

"Wish I'd heard this advice when my eldest started school. Thanks Carley!"

PARENT

"Your powerful messages and wise words of advice were delivered with respect, empathy and humour."

PRINCIPAL

"Great tips and advice I can start doing right now. I feel so much more relaxed!"

PARENT

Goals of the session for parents:

1. Feel more relaxed and confident about the "starting school" journey
2. Know how to best support your child with evidence based strategies
3. Learn some practical skills to help you with all parenting challenges!

Topics include:

- What "school readiness" actually means
- Managing yourself through the journey
- Tips in the lead up to starting school
- What to expect
- How to deal with common reactions to starting school
- Managing emotions (theirs and yours!)
- Improving communication with your child

Caulfield Junior College

Monday 15th November
7.30pm (75 minutes)

Webinar

Follow the link to register:
www.bit.ly/starting2022
(replay will also be made available)

Carley McGauran has over 18 years experience as a psychologist in the community and private sector. She currently works in private practice with children, adolescents, adults as well as families. Carley's experience also includes providing training/psycho-education to organisations, particularly schools, on a variety of topics. Her busiest role is as Mum to three (primary and secondary school age) children!

