



## Join Helen Davidson

*for a 2 hour workshop with practical, immediately applicable parenting strategies*

## Positive Parenting Pop-up

# Children's friendships

## Making, keeping and sorting out—the stuff of childhood

They're beautiful, intense and essential relationships in childhood, but boy, keeping up as parent can be tricky! Join me, **Helen Davidson** for an evening exploring the how to help every child to make more and better friends, to learn to get into games and to sort out the inevitable rocky stuff of relationships along the journey:

- What is the friendship hierarchy and where does my child sit?
- Friendships that nurture, grow and suffocate—what to do about which ones
- How to do friendship mapping
- Getting into games—what helps and what hurts the process
- Strategies to manage the nastiness that sometimes accompanies friendships

\$25

My childhood relationships inform my adult relationships—they were the templates that I developed for relationship building, managing—and turfing. All those relationships added skills that I still use today—let's get them right for you and your child too.



### Helen Davidson

#### Director of BEST Programs 4 Kids

As a mother, grandmother and multi-qualified therapist with decades of rich experience working alongside thousands of children and families, there's little Helen doesn't know about childhood wellbeing and resilience.

**21st February, 2019**

Bendat Parent & Community Centre  
36 Dodd St, Wembley WA 6014

**7-9pm**

Doors open at 6.40 for a 7pm sharp start

**Bookings**

[www.bestprograms4kids.com](http://www.bestprograms4kids.com)