



Skills for Stronger Families

SUPPORTING FAMILIES THAT HAVE DONE IT TOUGH IN 2021



City of
STONNINGTON

▼
February 9, 2022

Re-igniting children's learning and getting their mojo back. (Andrew Fuller)

This session with Clinical Psychologist and Family Therapist, Andrew Fuller, empowers parents to guide their children (and themselves) towards success. This webinar combines the latest research from brain science, positive education, and resilience to create strength-based education.

Topics include:

- » What we can learn from video game designers about motivation and engagement
- » How to re-engage and re-motivate your child in learning
- » The learning after-effects of 2020/2021 – what to look for, what to prepare for
- » The key skills that parents can develop in their children that lead to success
- » Overcoming anxiety

When: Wednesday, 9 February 7.30pm–8.30pm

Where: online via Eventbrite

www.eventbrite.com.au/e/230147185427

▼
March 10, 2022 7:30PM

Building Happy and Resilient Children Post-Pandemic (Dr Michael Carr-Greg)

The science of psychology tells us what builds resilience in young people and what parents can do to incorporate these evidence-based strategies into their parenting practices.

This webinar builds parents confidence by providing the knowledge and strategies to manage the burning issues of:

- » Managing wellbeing
- » Managing technology
- » Communicating with adolescents
- » Dealing with anxiety

Research shows that over 60% of parents lack confidence in their parenting (Australian Childhood Foundation) and we know that it is particularly stressful with teenagers.

Dr Carr-Gregg presents parents with paradigms for effective evidence-based communication with teenagers and gives them strategies to build resilience in children and young people.

When: Wednesday, 10 March 7.30pm–8.30pm

Where: online via Eventbrite

www.eventbrite.com.au/e/230162671747

Skills for Stronger Families



City of
STONNINGTON

▼
March 31, 2022 7:30PM

Parenting strategies for kids' and teens' flourishing mental health. (Dr Jodi Richardson)

Half of all mental illness presents by the age of 14 making childhood and adolescence critical stages of life for mental health. Equally, they are the years, over which, we as parents can help safeguard our kids' mental health by building into their lives perspectives, thinking skills and actions that contribute to flourishing. In this engaging presentation parents learn science-backed insights and strategies to weave into the fabric of family life over time, each strengthening the mental health and wellbeing of children of all ages.

When: Thursday, 31 March 7.30pm–8.30pm

Where: online via Eventbrite

www.eventbrite.com.au/e/230166583447

▼
May 19, 2022 7:30PM

Guiding Children's Behaviour. (Dr Louise Porter)

Child Psychologist, Louise Porter, will advocate for a guidance approach to children's behaviour. This method teaches children to manage their emotions and impulses, instead of punishing them for not knowing how to do so. It aims to prevent most behavioural disruptions by meeting children's needs. The session will describe how to safeguard children's self-esteem by acknowledging their achievements rather than praising these. When children have emotional meltdowns, Louise will explain how to provide compassion and support so that children can regain control.

When: Thursday, 19 May 7.00pm–9.00pm

Where: online via Eventbrite

www.eventbrite.com.au/e/guiding-childrens-behaviour-tickets-230171508177

Skills for Stronger Families



City of
STONNINGTON

▼
June 9, 2022 7:30PM

How Young People Can Stay Focused When They Are Surrounded by Digital Distraction. (Dr Jo Orlando)

Digital distraction is one of the major issues today that affects young people's ability to learn and finish tasks. On laptops, tablets, smartphones, and smartwatches they are bombarded with messages and alerts that break their concentration and take them away from the task at hand. Even when they want to focus, it's nearly impossible, diversions are only a click away. The issue has intensified for young people since COVID, with more extended technology use and changes to the online environment. You feel more in control as a parent because you will be using strategies that genuinely help your child. You will learn:

- » the science behind digital distraction
- » signs to look for to identify the digital distraction type your child experiences: emotional distraction, physical obsession, and distraction by procrastination
- » how digital distraction impacts the brain, learning and wellbeing when it is uncontrolled
- » practical steps that will dramatically impact successful management of digital distraction in learning and home
- » how to provide meaningful parental guidance while at the same time strengthening the lines of communication between child and parent around technology.

When: Thursday, 9 June 7.30pm–8.30pm

Where: online via Eventbrite

www.eventbrite.com.au/e/how-young-people-can-stay-focused-when-surrounded-by-digital-distractions-tickets-230173453997

Skills for Stronger Families



City of
STONNINGTON