

9<sup>th</sup> November 2016

### **Raising Resilient Children (Years 3 and 4)**

**Tuesday 22 November (6.45 for prompt 7pm start – 8.30pm) Turney Hall**

**Presented by Lorraine Thomas, author ‘The 7-Day Parent Coach’, ‘Get A Life’, ‘Brilliantly Behaved Toddler’ and ‘The Mummy Coach’. Media spokesperson for launch of Disney’s ‘Inside Out’ because of expertise in resilience.**

At Dulwich Hamlet Junior School, we want to offer you the opportunity to build on your expertise as a Mum or Dad by participating in workshops presented by Lorraine Thomas, Author and Chief Executive of The Parent Coaching Academy ([www.theparentcoachingacademy.com](http://www.theparentcoachingacademy.com)). We are incredibly fortunate to have Lorraine working as a coach and mentor in Year 6.

‘Raising Resilient Children’ will provide you with practical tools and techniques to help you nurture your child’s resilience, both in the offline world and their online world. Resilient children are positive and happy. They rise to challenges. They learn to manage difficult feelings like stress, fear, sadness and anger. They take practical actions inside their control to solve problems. They take responsibility. Life doesn’t just happen to them - they are in the driving seat.

You hold the key. Your attitude and actions are likely to be the single most powerful influence on how resilient they become. This interactive workshop is full of easy-to-implement ideas offering you positive and practical tools.

- Identify major barriers to resilience and effectively challenge self-limiting beliefs
- MOT your child’s emotional toolkit and learn effective techniques to help them to manage anger, stress, fear, sadness and frustration
- Create healthy habits to handle friendship issues, peer group pressure or school work
- Understand common differences between the resilience of girls and boys
- Nurture a child with a ‘growth mindset’ who welcomes what they can learn from failure instead of a ‘perfectionist’ who dreads it

If you would like to attend the ‘Raising Resilient Children’ workshop, please complete the slip below and return to the school by Friday 18<sup>th</sup> November 2016.

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School office

I/We would like to attend the workshop on Tuesday 22<sup>nd</sup> November (7.00 – 8.30pm)

Name: \_\_\_\_\_parent / carer

Name of child: \_\_\_\_\_Class \_\_\_\_\_