



RESILIENT KIDS - SUPPORTING BOUNCEBACKABILITY

PARENTS BUILDING SOLUTIONS

PARENTING IS ONE OF THE MOST DIFFICULT JOBS YOU WILL EVER DO, AND NAVIGATING CHANGE, AND BEING TOLD “NO”, IS CHALLENGING TOO - FOR EVERYONE IN THE FAMILY!

Would you like to explore ways to:

- Prepare your child for transitions, change and new routines?
- Support your children when they experience big emotions in response to change?
- Help your child to be resilient when facing changes and challenges?
- Support your child to accept “no” without having a tantrum?

Join us to discuss positive parenting strategies to support your child(ren)'s bouncebackability.



Register using the QR code or this link:
<https://forms.office.com/r/eH7wPg3WdJ>

DATE: Monday, 30th October 2023

TIME: 1.30 p.m. - 3.00 p.m.
Join us for a cuppa, snack and chat before you pick up your child(ren) from school or kinder

WHERE: Bridgewood Primary School
115 Bridge Road
Officer

COST: FREE!

For more information, contact:

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PARENTZONE