



School / Organisation

Presents:

GROWING IN STRENGTH

*Developing Resilience, Confidence & Independence
in our Children*

(A Parent Information Night)

*“There are two important things we can give our children.
One is roots, the other is wings!”*

Wanting to provide a safe, secure and loving environment for our children seems to come naturally to most parents. Letting go of our children, even in the smallest way, is very difficult. Developing resilience, confidence and independence in our children requires a combination of limit setting, boundaries and ‘safety nets’, together with opportunities for decision making, independent thoughts and actions, and a sense of responsibility. Setting limits helps children develop a sense of self-control. Encouraging independence helps them develop a sense of self-direction. To be successful in life, children will need both.

This parent information night addresses the following issues:

- Developing independence skills in our children
- Encouraging and modeling a problem solving approach
- Establishing skills and habits in organizational and time management issues
- Allowing children to make choices and take responsibility
- Using relevant and effective consequences
- Building resilience in our children and boosting self-esteem

DATE: *****
TIME: 7.30 – 9.30pm
VENUE: School / Organisation

Alison Brown is a registered psychologist, an experienced teacher and a parent. She has presented at a number of state, national and international conferences in the areas of technology, gifted education, and psychology, and has provided extensive consultation and training programs to schools in Victoria, New South Wales, Queensland, Switzerland and Germany. Alison brings experience from both an educational and psychological background. Having taught for seven years at Methodist Ladies’ College, and worked as a school psychologist at Kincoppal-Rose Bay, Sydney, she has first-hand experience in recognising and catering for the social, emotional, and academic needs of students. She is currently working in private practice in Melbourne, specialising in educational assessments, parenting, counselling and gifted children.

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GROWING IN STRENGTH (Parent Information Night)

I / we wish to attend the Parent Information Night given by Alison Brown on ***** at 7.30pm at “School / Organisation”.

Names: _____

Son’s Name: _____ Year Level: _____

Phone: _____ Number of people attending: _____