

## PARENT PROGRAMMES (facilitator: Liz Jones)

TITLE	OUTLINE	AUDIENCE Parents only	PRESENTER
<p><b>Supporting children's emotional wellbeing &amp; promoting positive mental health</b></p>	<p>This session will raise awareness of mental health and emotional well-being and other issues which impact on children and young people today. The recent trauma experienced by people through the outbreak of the corona virus, the pressures of isolation, or a breakdown in the support that gives us hope will be discussed. The session aims to examine opportunities for parents / carers to promote positive mental health and emotional well-being through communication and home activities. Strategies supporting wellbeing will be discussed.</p>	<p>All parents welcome</p> <p>School will advise the presenter of the age range of children whose parents are attending</p>	<p>Liz Jones</p>
<p><b>Managing behaviour in this technical age of digital media</b></p>	<p>This session will examine how our lives have changed in this technical era. We have a culture of immediate satisfaction. This in turn has an impact on our anxiety levels, which can lead to low mood and anger when not immediately satisfied.</p> <p>Parents know their children and have complex job raising them in this online environment. This cyber world has many participants, interactions and has the ability to affect and influence all of us.</p> <p>Children love their gadgets and some have difficulty completing tasks that they find less enjoyable. Parents and children together can agree a positive approach to digital media. Treat media as you would the real world, set limits, know friends, screen time shouldn't always be alone and create tech free zones.</p>	<p>All parents welcome</p> <p>School will advise the presenter of the age range of children whose parents are attending</p>	<p>Liz Jones</p>
<p><b>Raising motivation, resilience, improving memory &amp; persistence</b></p>	<p>This session will examine what motivates our children. Motivation is the process that guides behaviour. It involves our biology, emotions, social and cognitive forces. Children have an innate tendency to simply enjoy activities, they see opportunities to learn, to explore and reach their potential. There is a power in this internal satisfaction.</p> <p>At other times children engage to get something, a reward or to avoid sanctions. Getting a balance between motivating through rewards and children getting positive feelings of enjoyment when they accomplish or work towards something can be difficult a difficult position for parents.</p> <p>Our job as parents is to INSPIRE and INFLUENCE our children, through discussion and encouraging good choices by showing patience and being age appropriate in our reactions.</p> <p>Parents can model resilience, how to bounce back from difficulties, we can show perseverance and how to deal with challenges by applauding effort and celebrating commitment</p> <p>Parents can play games to improve children's memory and have fun.</p>	<p>All parents welcome</p> <p>School will advise the presenter of the age range of children whose parents are attending</p>	<p>Liz Jones</p>
<p><b>Health, wellbeing, routines &amp; taking opportunities to talk about difficult subjects</b></p>	<p>This session encourages open dialogue, talking about health in general. Parents have a lot to think about, trying to encourage healthy lifestyles and helping children to develop a positive self-image. The discussion will include aspects of everyday routines; Making sure children get good nutrition and hydration, adequate exercise, rest and sleep (sleep hygiene), setting routines including homework time.</p> <p>Taking an interest in what they are learning at school. Playing games and puzzles, talking &amp; listening even when the topic is difficult or embarrassing.</p>	<p>All parents welcome</p> <p>School will advise the presenter of the age range of children whose parents are attending</p>	<p>Liz Jones</p>