

**Parent Workshops for Alawa Primary School**

**7th & 14th November**

**Better Communication with our children:** Effectively connecting and communicating with our children is a vital part of building positive family relationships. Positive family relationships are the key to guiding children’s behaviour. Punishment, constant criticism and correction damages our relationship, builds resentment and impacts on family life. What is the key to building positive relationships, improving the way we communicate, ensuring that strong connection assists our children to grow, mature and become functioning adults.

**Dealing with anxiety and aggression in young children:** Anxiety can be the cause of extreme behaviours with young children. We can teach children that feeling anxious keeps us safe, how to recognize when this fear needs to be challenged and how to manage the inner conflict in better ways. Aggressive behaviours are often a learned response that can be relearnt to solve problems in a more considerate way.

Facilitator **Sue Hyde** is a NT former teacher who specialized in working with children, supported children who needed help to manage some children’s behaviour and to teach some children how to behave in more acceptable ways, minimize bullying and to help parents teach their children to care for the feelings of others. For the last 10 years Sue has continued her work in schools as an external consultant, providing support to teachers, parents, child care educators, family day carers and foster parents. She has a particular interest in children who have suffered trauma.

**Dates & Times**

Tuesday 7th November 5:30pm – 7:30pm

Tuesday 14th November 5:30pm – 7:30pm

Venue -School Library

**Fee:** $20 per person or $30 per couple. [Subsidised by the school]

Free childminding will be available on the nights.

**Bookings at school are essential through the front office [Via phone, email, or in person].**