

Raising Successful Happy Children in the Real World

Come along to the this workshop run by Daniel Moylan (Social Worker at St Peters) to learn what you can do to help your child find success and happiness in the real world . The workshop is aimed at **parents of children from 2 years to 11 years old.**

In this workshop you will learn about the following:

- Your **child's emotional** world. Learn what you can do as a parent to help **build your child's resilience**. Resilience is one of the most important factors that will influence your child's success and happiness.
- **Building a positive relationship** with your child and how to **manage the challenging times** between child and parent.
- How to assist your child **develop friendships and succeed at school**.
- The types of praise that will help your child **flourish**.
- Supporting your child to manage the **challenges** that will arise in their lives and the **importance of these challenges** in their growth as a successful and happy person.
- The importance of children learning to **take responsibility**.
- An Introduction to **Mindful Parenting** and the benefits of Mindfulness in your life.
- **Looking after yourself** as a parent.
- Why **gratitude** is important in our lives.

This workshop is an opportunity to **learn with other parents** who are on the parenting journey. You will leave with **practical skills** you can use the same day and others that you can use on the parenting journey ahead.

Date: Thursday 15th of March 9am to 2.15pm

Location: St Peter the Apostle Parish Hall 98 wood St Inglewood

To book: email Daniel Moylan at daniel.moylan@cewa.edu.au by Tuesday 13th of March.

There is no cost for St Peter's Parents. Please bring your own morning tea and lunch.

About the Facilitator: Daniel is a Son, Husband, Father and Uncle and has worked as a social worker and **counselor in schools for 20 years**. He also has worked in the health and corporate sectors. He has worked with people at all stages of life with the huge range of experiences that life presents. In this workshop he brings all of his professional training and experience together to provide you with practical strategies and skills to help children be Successful and Happy in the Real World.