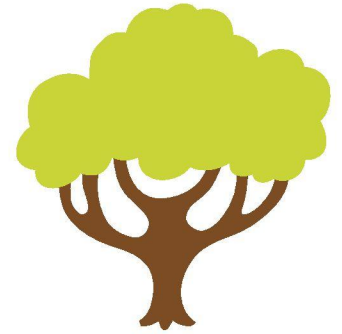
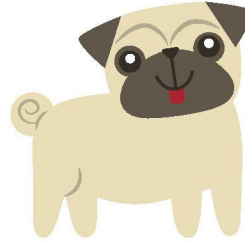


HOW TO BUILD RESILIENCE IN YOUR CHILD

FEELINGS & EMPATHY

Help your child to recognise and manage their feelings and develop their understanding of empathy in all living creatures.



HANDLING CONFLICT

By modelling calm ways to handle conflict, your child can learn to practice what they can do.

RELAX & BE MINDFUL

Have quiet time. Focus on the present and become more aware.

ESTABLISH ROUTINES

Sleep routines, dietary habits and technology use can affect emotional wellbeing.



EXPLORE SOLUTIONS & STEP PLANS

Help your child to problem solve or reach a realistic goal by helping them explore solutions with a plan in place.

CHALLENGE THOUGHTS

Help your child change unhelpful thinking to helpful thinking.

ANXIETY IN THE FAMILY?

Evidence-based group programs can prevent and reduce anxiety. We provide parallel support, not just for children, but for parents or caregivers too. Learning takes place at the same time, Everyone builds resilience.

Find out more by contacting 0481 369 446.