Raising Resilient children & being a Resilient Family

A Parenting Session for:

for all Parents, Carers and your child's family support people

Wednesday 13th March: 9.15 – 10.15am
(following BBQ breakfast 8.00-9.15am)

VENUE: Tighes Hill Public School
Presented by the GOT IT! Team

As part of the GOT IT! Team's work in our school this term they are offering an invitation to all our parents and carers and your child's family support people to find out more about being a nurturing and resilient family.

Parenting is not an easy task for any of us and carries a lot of responsibility with no single right way to be a parent. A challenge of parenting is to raise well-adjusted, healthy children in a loving and predictable environment.

This parenting session will provide an opportunity to help you guide your children and your family in developing emotional resilience, problem-solving skills and enhancing the parent-child relationship through everyday home activities and routines.

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Please let us know of your intention to attend:

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Parent/Carer name(s) ........................................................................................................ will be able to attend

Child's name: ............................................ Class:..................Teacher: ..................................................

Return this slip to class teacher

Thank you, from The GOT IT! Team

The GOT IT! Team is from the local Health Service and is currently working with the school this term to help build the social and emotional skills of our younger children.