

About the Life Institute of Family Education and its Presenters:

LIFE was founded by Dr Julie Rosengren to provide parents, teachers and carers with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE has been delivering parenting courses to corporate, community and educational forums since 1999 and consulting on family issues since 1994.

Dr Julie Rosengren is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. She is the mother of three children, and is from a family of 11. Julie developed the parenting seminars based on her doctoral research in emotional intelligence, her experience as a mother and aunt to over 45 nephews and nieces, and her love for children's stories, activities and play.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

Diane Neve is an Organisational Psychologist who has specialised in the area of Training and Development for over 20 years. Diane has two daughters and her experiences as a mum have helped her consolidate and transform the psychological theory she has worked with into a clear understanding of the challenges that parents face in day to day life.

Professional Qualifications: BA hons (UQ), GDip (USQ)

Julia Brierley is a Consultant, Coach and Educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is the mother of three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

Rita Princi is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts workshops on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

Peter Tryon is a Registered Psychologist based in Sydney working in an educational setting and in private practice. He works with children 0-18, both individually and in groups. Peter conducts workshops for parents on a wide range of issues relating to children, in particular, parenting issues and skills. Peter is especially interested in motivational issues, stress, anxiety and depression in children of all ages. With his wife, Christine, he has three daughters and four beautiful grandchildren.

Professional qualifications: BA (Canty); DipEd (Canty); MLitt (Psych)(UNE); Med (Counselling Psychology) (UWS); MAPS (Assoc).

Rebekka Tuqiri is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

Alison Brown is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

Annette Mutimer is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

Heidi Hibberd (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.

Life Institute of Family Education, PO Box 4059, Lane Cove NSW 1595 Ph: +61 (0)2 9420 2274 ABN 32462693731

Parenting for the Early Years: 0 - 5 Years

**Workshop outline**

If you are a parent to young children, about to take the plunge into parenthood, or are involved in raising young children, then this workshop is for you. With a focus on the early years, birth to five years of age, this workshop will provide you with a toolbox of knowledge and skills that can be applied easily and readily to help promote healthy growth and development of young children and build strong family relationships.

The workshop will cover the following areas:

Emotional development – Through learning about how children develop from birth to age five, participants will gain an insight into how to manage expectations of their children and create an atmosphere of empathy and love.

Directing behaviour – Explore familiar child-parent interactions in a realistic and honest context and develop an awareness of how rewards, consequences and punishment - if used with poor knowledge and skill - can lead easily to bribery and threats.

Managing family stress – Learn how to be an optimistic parent by being conscious of what you say and do; learn the magic trick of giving instructions in a positive way by understanding the subconscious drivers of behaviour.

Understanding feelings in the family – Gain an understanding of why a vocabulary of feelings is such an important gift for your child; how reading your own feelings can help to work out what's going on with your child; how temperament can make you smile or drive you crazy; and parenting style - the key to harmony.

Work/Life/Family balance – Participate in an exercise on work/life/family balance, which will demonstrate the importance of striking and maintaining a balance in life.

Participants will receive a workbook with the content of the workshop as well as tip sheets on topics, such as sleeping like a baby, crying to communicate, tackling tantrums, establishing healthy eating habits, the new parent, love, the balancing act, biting, smacking, and aggression. In addition, a list of children's books will be included, providing useful tools to help parents teach children about social/emotional issues at their level. A list of useful telephone numbers and websites for parents and carers will also be included.

Feedback from past participants:

For 2006 and 2007, almost 100% of participants across all workshops rated the parenting programs as good/excellent. Here's what some of them said.

"I will most definitely be recommending this workshop." Hudson, Sydney

"I loved the real life practical experiences of the facilitators." KPMG, Perth

"I thoroughly enjoyed the workshop and feel that it will benefit my family greatly." KPMG, Sydney

"Very positive session for IAG staff and definite benefit for family and therefore work performance. IAG, Melbourne

"I found the workshop to be very motivating and encouraging." Ernst and Young, Melbourne

"Thank you for inviting spouses. I really enjoyed it." KPMG, Melbourne