Parenting for the Early Years: 0 - 5 Years

Seminar 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 seminar is for you. With a focus on the early years, birth to five years of age, this seminar 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 foundations for happy family relationships.

The seminar 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 seminar as well as tip sheets on topics, such as sleep training, discipline, and building strong foundations for happy family relationships.

Life of Parenting Education

Parenting the Primary Years: 6 - 12 Years

Seminar outline

If you have a primary school aged child, or a child moving into this stage, or are involved in raising children of this age, then this seminar is for you. You may be struggling with issues such as bullying, socializing, inattention, hyperactivity, or simply interested in ways to raise a child who can make morally informed choices in life, then this seminar will provide you with the practical knowledge and skills to make life easier and more enjoyable for the whole family.

The seminar 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.
- Teaching children to make and keep friends – Participate in some realistic role plays that cover the social and emotional rules of making and keeping friends during specific interactions, such as sharing, playing games and chatting. Developing strategies to deal with bullying will be covered in this section.
- 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 seminar as well as tip sheets on topics, such as aggression, bullying and teasing, empathy, family meetings, friends, anger, bullying, and teasing, empathy, family meetings, and tips on how to help parents teach children about social/emotional issues at their level. A list of helpful telephone numbers and websites for parents and carers will also be included.
Parenting Teenagers: 13 - 18 Years

Feedback from past participants:

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 feel more confident dealing with things as they arise.” QLDAG, Birmingham UK

“I thoroughly enjoyed the workshop and feel that it will benefit my family greatly.” Goodman Sachs, Melbourne

“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

“I loved the positive parenting and found it very useful information. It is something we never have a chance to learn in our life at school.” Westpac Sydney

“Great course. I highly recommend it.” Fairfax Media, Melbourne

“I learned some great strategies to deal with my toddler.” Laing and Simmons, Sydney

“It was well delivered under tough circumstances with four young children present. Really informative.” Diageo, Sydney

“The information was invaluable and enlightening.” Souths Rugby League Club, Sydney

“Really enjoyable. Related but presented with passion.” State Street, Sydney

“I loved how animated the facilitator was in acting out scenarios.” Manchester Unity, Sydney

“Great ideas and techniques to think about and work on.” KPMG, Sydney

“Excellent presentation. Quality presenters and informal setting.” CBA, Sydney

“All of the content was invaluable today.” Ernst and Young, Adelaide

“The information reinforced the importance of being positive.” IAG, Brisbane

“It gave great examples of good parenting and raises awareness of oneself and how to shape the future of my child.” KPMAG, Canberra

Webinars

Webinars are seminars over the web. As long as you have access to a computer and the internet, you can participate in a webinar. LIFE offers webinars to families and organisations on a broad range of topics of interest to parents, carers, teachers, managers and employees.

Benefits of Webinars:

There are many benefits of webinars. Webinars are:

• Interactive as participants can ask questions;

• Flexible as anyone can participate anytime and anywhere as long as they have access to a computer (currently available at workplaces, schools, libraries, councils and in many homes) and the internet;

• Dynamic as delivery of information is based on current research and events;

• Cost effective as there are no expenses associated with venue hire, travel, accommodation and printing for both presenters and participants;

• Diverse as presenters and trainers are sourced from a large pool of talent;

• Time efficient as participants can access them closer to home saving on travel time.

Webinar topics:

Caring for the Parent/Career - Transitioning back to work after parental leave, Managing Work and Family Stress, Stop screaming at the children and dumping on your family, Positive involvement in the school, Strategies to get adult kids out of the house

Parenting/Caring for children

For young children 0 – 5 years – Dealing with Aggression in children, Tackling Tantrums, Establishing good sleeping habits for the whole family, Healthy eating for the whole family, Reducing personality clashes in family dynamics, Keeping children safe, Helping children to cope with fears and nightmares.

For primary children 6 – 12 years – Strategies to deal with bullying, Making and keeping Friends, Coping with Homework, Building resilience in your child, Your child’s moral development, Managing Screen time.

Webinar feedback:

“It was enjoyable and useful.” CBA

“As this was my first time using such technology I found it very good and enjoyed the experience. Thank you.” Stocklands

“Informative, practical and well presented - a worthwhile investment of time in attending, thank you!” PWC

“Extremely useful content. Will be visiting website.” Qantas

“Keep them coming to CBA staff! Very useful and pertinent.” CBA

“A great way for working parents and carers to participate in learning.” GSR

“The webinars are fabulous topics.” KPMG

“I learnt a lot about aged care options.” Medibank

For Teenage children and Young adults 13 – 25 years - Educating parents and their teenage and adult children about the dangers of Drugs, Establishing good study habits for high school, Motivating your teenager, Managing HSC Stress, Safe use of the internet, Career transitioning.

Resilience – Striking a healthy Work/Life/Family Balance, Dealing with bullying at school, Parenting in culturally diverse families, Coping with grief, Helping a depressed or anxious family member/friend, Moving with children, Making a smooth transition to parenthood, Separation, divorce, step families, Sibling rivalry, Parenting a shy child, Finding other strategies to manage children’s behaviour.

Ageing – Transitioning to retirement, Caring for an ageing loved one, Aged care options, Moving a loved one to an aged care facility.

Work/Life Balance – Managing flexibility for managers, Managing flexibility for employees, Personal Resilience at home and work, Coaching others for greater resilience at home and work.

Recording of Webinars: If a participant cannot attend a webinar, they can view the recording of it at their leisure on the member’s lounge of the Life Institute website.