



Parent's Information Evening

What is resilience? Why is it important?
How can I help my child be more resilient?

In our daily lives we all face set-backs: our resilience is what allows us to learn from them, bounce forward and thrive.

All parents want their children to be happy and able to cope with whatever life throws at them.

But we all know it isn't that straightforward. We can't protect our children from the pressures and troubles of life but we may be able to help them cope with those pressures better, learn from setbacks and grab opportunities.

Come along and find out more:

What will the talk cover?

- The key factors that impact our resilience.
- Some of the myths that parents and children may have about what it means to be resilient.
- The important role that parents play.
- Some practical ideas about what parents can do to develop resilience over time.

By attending you will:

- Learn about the key factors that increase resilience .
- Identify how they that can influence parenting.
- Think about your own resilience.
- Consider ideas on how to talk to your children about setbacks, so they....
 - are more resilient
 - increase their opportunities
 - see difficulty as a learning opportunity.

Places are Limited- so book now!

Wednesday September 27th 7-9pm

Bridgewater Primary School

Call 01442 871231 to reserve your place.