

# '5 Secrets'

## to develop Confidence and Resilience

### Parent Seminar



#### Parents learn:

- Practical strategies to support children to build confidence
- Effective parenting strategies that foster resilience
- How to teach their child positive and effective thinking habits
- Setting limits at home with technology and encouraging free creative play
- Fundamental life skills that all children need to be happy, confident and successful

#### Parents are supported to teach their child how to:

- Lessen their anxiety
- Cope with life's ups and downs
- Develop independence and persistence
- Become more resilient and confident
- Develop independence and self-efficacy
- Solve problems independently and deal with conflict
- Approach life with a positive outlook to create success



Parents from the following schools are invited to attend

- St. Mary's Whittlesea
- St. Joseph's Mernda
- St. Paul the Apostle Doreen
- St. Peter's Epping
- St. Mary of the Cross McKillop Epping North

7pm Tuesday 10th  
September  
Held at St. Mary's  
Whittlesea

[Book here](#)