

Emotion Coaching Your Child

Midland Branch

Raising our children should be one of life's greatest experiences, but as every parent knows it can often be overwhelming.

Research indicates that developing the emotional competence of your child provides a 'secure' pathway to the development of Emotional Intelligence (E.Q. - believed to be a better predictor of success than Intelligence (I.Q.).

This workshop is designed to introduce you to the art of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Participants will learn how to:

- Understand the different styles of parenting
- Communicate with their child more effectively
- Help their child identify and understand their emotions
- Soothe and guide their child through their 'difficult' emotions
- Understand the contribution of their own emotional world to their parenting

Where: MIDLAND - 27 The Crescent
When: Tuesday 30 April
Time: 6.30pm - 9.00pm Cost: \$30

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia

Parenting at West Leederville April 2019

Mums Raising Teenage Girls

Wed 3 April 6.30-9pm \$30pp

As we know, the relationship between a mother and her daughter is very important. This seminar helps mothers to better understand their daughters and the challenges they go through during puberty and to assist them to better equip their daughters to be happy and strong individuals.

Fathering after Separation

Tues 9 April 6.30-9pm \$30pp

It is important for fathers to distinguish between their parenting role and their relationship break-up. This course, held in a male-friendly environment, suggests helpful ways to keep in touch with your child, to build skills and to recognise strengths and challenges.

Partners to Parents

Wed 10 April 6.30-9pm \$45 couple

Managing the transition from 'partners' to 'parents' well and preparing your relationship for this change will help you build your strengths as a couple and help you manage all that lies ahead of you.

Mums Raising Teenage Boys

Mon 29 April 6.30-9pm \$30pp

For teenage boys the relationship they have with their mother has long term implications. This includes how they relate to others, particularly to girls and women.

Dads Raising Boys

Tues 30 April 6.30-9pm \$30pp

A father is like an anchor for a son. A dad is one constant in life who models what they become as an adult. Boys whose dads are involved with them from a young age do better in lots of ways – i.e. academically, emotionally and socially. Well-fathered boys show the positive effects years later with an improved capacity for empathy and by the health of their social relationships.

Places are limited – please contact (08) 6164 0239 to register today

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