



Further Training for Practising Parents

## 2 ½ hour workshops –

1. **The 3 Essential Needs of Children** – understanding the 3 needs that each child has, developing strategies for meeting those needs within the families culture and routines. This seminar incorporates Gary Chapman’s concept of The Five Love Languages of Children.
2. **Growing Pains** – we all know the advertisement where the wise Chinese Kung Fu master tells his hapless apprentice to “Make pain your friend!” There are some circumstances in life which (while painful) are necessary to the growth and strengthening of a child’s character, life-skills, maturity and self-control. How do we distinguish between pain that we should rescue our children from and pain we should allow them to experience? Which is literally for their own good?
3. **Fathers and Sons** – today we are seeing a revival of understanding around the strengths men bring to parenting. At the same time, we are seeing many teenage boys and young men exhibiting anti-social behaviours or floundering in relationships. This societal trend can be reversed if each boy’s father simply had a blueprint that spelled out the critical roles his son needs him to play, roles which ironically tap into a man’s best potentials and represent an opportunity for greater self-fulfilment in his own life.

## 4-week parenting course: Greater Leverage for Raising Kids

(This course follows on from *The Three Essential Needs of Children* workshop 7-9pm one night per week). Minimum 12 participants, maximum 16; spouses or partners are encouraged to register together.

Skills taught and extended:

1. Bridging the gap between the adult’s world/perspective and the child’s. (Balancing rapport with responsibility)
2. Developing empathy in our children
3. Strengthening our children’s life-skills and personalities by utilising natural consequences and avoiding rescuing behaviours.
4. Managing our anger and anxiety as parents.

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