

## **KEYS Workshop Overview**

### **Circle of Security - For parents of children 0-18years (2 hrs x 8 wks)**

Circle of Security is an early intervention workshop for parents and carers, which focuses on the child/parent relationship and how to create a secure attachment.

Our trained Facilitators work with parents and care givers to help them:

- Understand their child's emotional world by learning to read their emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem

### **1-2-3 Magic & Emotion Coaching - For parents of children 3-12 years (2 hrs x 4 weeks)**

1-2-3 Magic & Emotion Coaching is a parenting workshop which gives parents and caregivers a simple and effective approach to discipline 2 - 12 year olds. It provides parents with the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

### **Protective Behaviours Overview - For parents of children 0-18 years (3 hours)**

The Protective Behaviours program is a proactive approach to provide children, teens and vulnerable people with the skills and strategies to recognise when they are feeling unsafe and where to go to for help. Delivered in a safe format, this program is designed to leave parents feeling positive about equipping their children with positive life skills, such as assertiveness, emotional literacy and problem solving. These skills assist children to better cope with anxiety and know when to take risks, where to go for help and how to speak up against peer pressure, bullying and abuse.

### **Take a Stand on Bullying – for parents of children aged 5 - 17 (2 hours)**

Take a Stand on Bullying is a parenting workshop specifically designed for parents of school aged children (aged 5 – 17). This introductory workshop identifies bullying behaviours and offers a range of strategies for parents to emotionally support and advocate for their child whether the child is experiencing or exhibiting bullying behaviours.

### **Sensory Kids - For Parents of children 0 -17 years (2 hours)**

While we all have our sensory preferences, some children can experience difficulty in organising and responding to sensory input, which can lead to learning difficulties, health, anxiety and stress. This session is designed to inform parents as to how they can best support their children to organise sensory input, how it can affect children who have difficulties, basic strategies and coping mechanisms for parents, when to seek further support and correct referral pathways for support and therapy if required.

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## **Safe Play – Understanding sexual development and responding to behaviours for Parents of children 0 – 17 (2 hours)**

It can be difficult for parents and caregivers to know how to respond to sexual behaviour in children. This information session will provide an overview of what is considered normal and age appropriate, which behaviours need to be monitored more closely and which behaviours are a cause for concern. Utilising strategies from the Protective Behaviours framework we will also discuss appropriate responses to each.

## **Children's Emotional Wellbeing for parents of children 0 – 17 (3 hours)**

2 parts delivered across 3 hours, with a break. Part 1: Raising Resilient Kids - Strategies for equipping children with the skills which enable them to adapt, cope, and grow through change, stress, uncertainty, and adversity.

Part 2: Understanding & Managing Anxiety - Understanding the difference between anxiety and feeling anxious, how to support children through anxious times, and how to know and where to go when further help is needed.

## **Engaging Adolescents – for parents of children/teens aged 11 – 17 (2 hrs x 4 weeks)**

The Engaging Adolescents parenting program is designed to give you a better understanding into the mind of your teen/ preteen, strategies to help you resolve unacceptable behaviours, and a method for preparing for and holding tough conversations.

**Contact KEYS on Ph. 9439 1838 to Register**

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