

# **PARENTS - AN OPPORTUNITY NOT TO BE MISSED!!!!**

**Wednesday, 29<sup>th</sup> January 2020**

**9am- 10.30am**

In today's world, we expect a great deal from our children. We all need to ensure we are allowing them the opportunity to learn at school and home, in an environment that encourages their confidence and self-esteem, so they can flourish and enjoy their life to the full and in the future be strong, happy adults.

## ***As parents, are we doing enough to help our children?***

Think about:-

What if my child does poorly in a test?

What if my child falls out with their best friend or peers?

What if my child loses in a sports competition?

## ***So, how are we helping them to cope when things do not go so well?***

Do we tell them to "toughen up? Do we praise them? Do we criticise others? - How do we make our children stronger and more resilient? Advising them incorrectly could lead to long-term problems. After all, no one teaches us to be a parent.....

The wrong strategies could possibly lead to stress, anxiety, hopelessness and possibly even depression. We have to do all we can to avoid this.

Woodcroft Parents are being given the opportunity (by Barnet's Wellbeing Service) to participate in a 1 ½ hour practical workshop with some sound advice – clear and practical strategies for you to use, that will work with immediate effect. Finding out what works and what does not!

Spaces will be limited to 20 and we are advertising this now, so you have good time to arrange for childcare, time off work or to arrange your week around this unique opportunity. Please come and join us. To reserve a space please either email [office@woodcroft.barnetmail.net](mailto:office@woodcroft.barnetmail.net) or Tel 02089593244 or speak to someone in the school office.