

# CAN YOU HELP YOUR CHILDREN TO FLOURISH?



Research is discovering parents can have a positive impact on their children's stress levels, helping them to cultivate wellbeing and buffer against ill-being.

Strengths-Based parenting provides practical, evidence-based approaches to parenting supporting you to improve your child's ability to:

- Be more **RESILIENT**, open, accepting and driven by purpose
- Develop **GOOD MENTAL HABITS** and a growth mindset
- Nurture more **POSITIVE RELATIONSHIPS**
- Set meaningful goals and **BUILD SELF CONFIDENCE**
- Get the **BEST FROM THEIR BRAINS**
- Cultivate **KINDNESS, HOPE** and an attitude of **GRATITUDE**

*Some studies suggest these strategies may also inoculate children against depression and anxiety and boost their academic achievement by as much as 11%.*

Marie McLeod offers Strength Based Parenting workshops, and coaching. Marie is qualified in social work, adult education, positive psychology. Marie has 3 children, including twins, one with Aspergers and another with ADHD. Marie lives to share the hard won knowledge of building and sustaining a flourishing family (most of the time!)

**Strengths Based Parenting Overview Workshops (2 times and locations available) \$49.00**

**Middle Park Primary School Hall**

**19th June 7.30 - 9.00pm**

**Book on [www.trybooking.com/QCXJ](http://www.trybooking.com/QCXJ)**

**Bubup Nairn St Kilda**

**30th May 8.45 - 10.15am**

**<https://www.trybooking.com/QDQW>**

**If you want practical parenting support that's no bulls\*\*t, no judgment, no guilt and builds on your family's unique strengths, then PoPsy Parenting is for you.**

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