

Developing resilience and independence



Does your child often moan or complain about what other children have said or done? Are they wounded easily by the behaviour of friends and peers? Do they come to you to 'fix' their relationship problems and sort things out?

This two hour workshop will help parents understand the process of learning to be resilient and independent and the things they can do as a family or individual to support their child as they grow with sorting out problems with peers, taking care of their own wellbeing when around others and knowing how to get the right sort of help from the right person when they need it.

We'll also be considering how we help children grow into self-reliant and capable adults and at what age a child should start to do things for themselves- from making their own packed lunch to changing their own bed and doing the laundry.

Details:

Date: Wednesday 22nd May

Time: 7.30pm - 9.30pm

Venue: Christ Church Primary School, Pine Gardens, Surbiton

This workshop has 30 places,
Places cost £17.50 each.

For booking or information [click here](#)
Or go to <https://gillhines.co.uk>

"Some good ideas I'll be using in the future." Parent

"Thoroughly engrossing and entertaining. I feel like I've just had a really good evening out." Parent

"I'm all fired up and ready to go!" Parent

Publications

