

## **Conversations available**

If there is a particular issue in your community that isn't on the list, do feel free to mention it to us as we would happily work at putting together a conversation to help address the area.

### **Supporting our children through school**

Do you worry about your child having friends?  
Do you wonder whether to intervene in a situation or not?  
Do you hear the statement 'Everyone else does it at school!'?



### **Helping our children to become responsible adults**

How much should we encourage our children to do?  
Do you feel a failure if your child makes a mistake?  
Does your child never seem to take responsibility?



### **Understanding and enjoying our children**

Does parenting sometimes feel a bit of an uphill struggle?  
Looking for ideas and strategies to help you and your child manage their behaviour?

### **Navigating our children safely into the digital age**

Is monitoring screen time driving you mad?  
How do you see technology as part of raising children in a modern age?



### **Speaking our children's language**

Are you keen to keep up good communications with your child as they grow up?  
Want to give some time to thinking about making your child feel valued?



### **Living life with more than one child**

Are you tired of being a referee and want to be more of a mum or dad?  
Do you wonder how to encourage your children to like each other?  
Are you anxious about the effects of a new baby on your older child?  
Do you long for happy harmonious siblings?



### **Helping our children become responsible, resilient adults**

Is it ok to let my child feel bored?  
Ever feel you don't want your children to fail?

### **Caring for God's Handiwork**

Do you wonder what difference being a Christian parent makes to your children?  
Are you looking for ideas in how to apply your faith to your parenting?



### **Consulting the Route Map**

Would it help to take a moment to think about how your parenting is going?

### **Parenting more patiently**

Ever catch yourself wishing your children would just grow up?  
I was such a patient person before becoming a parent!



### **Playful parenting**

Playing? Surely that's kids stuff? Think again!

### **Losing our guilt as a parent**

Does guilt make a difference to our reactions in situations?  
Is it possible to reduce the feeling of guilt?

### Encouraging resilience and good self esteem in our children

How are you equipping your child to cope with the knocks that come in life?

Is it a good thing that our children get bored?

What if something makes your child unhappy at school, do you need to intervene?

Self esteem...a buzz phrase over used or a vital part of our child that needs nurturing?

### Helping our children to handle emotions

Emojis is now a common way to express emotion. But how important is it that our children learn to verbally communicate their emotion?

How can we support our children to manage anxiety?

How can we help when our children seem overwhelmed by anger?

### The Power of bedtime

Is this a stressful time or a pleasure?

Are you finding what works for one child isn't effective for another?

Are you wishing your child would settle as others seem to?

### 6 week package (aimed at families with children 0 to 11)

1. **Are you on the same planet as your children?** An encouraging introductory session
2. **Developing a strong connection with your child...**
3. **Coping when the children push the boundaries...** A practical discussion on strategies and positive, clear approaches to managing behaviour
4. **Mind Your Language...** A Look at the power of words and how we speak to our children
5. **The Power of feeling you belong...** looks at the importance of a secure home where mistakes can be made
6. **Melting Pot Session...** a chance to look at another subject specific to the groups needs and then to sit and talk or pray about your children