



Families



Caring for Elderly Relatives

This Talk considers the challenges of keeping your needs, your children's needs and the needs of your ageing relatives in mind when dynamic shift as grandparents age, and our role shifts from child to carer.



Parenting in the Digital Age

Learn ways to navigate the fast changing waters of the internet whilst promoting mindful and productive use of a powerful tool, managing the risks, and ensuring balance in the real and online lives of your children.



Parenting a Child with SEN

This session will provide tips and guidance on all aspects of family life when your child has special needs. Including finding clubs and activities for the SEN child, sibling relationships, financial help and work related entitlements.



Positive Parenting Tools

As a parent, you face one of the most challenging (and rewarding) roles of your life. Learn three practical tools to help you put an end to exhausting power struggles with your children. Less meltdowns, no more guilt, and more harmony in your home.



Supporting Children's Mental Health

This session covers the varying things parents can do to support children's mental health including talking about it, listening empathetically, using emotional first aid skills, teaching coping skills and knowing how and when to seek help.



Understanding Teenagers

How does the teenage brain work? Why can teens be so challenging? Should you adjust your parenting style as your children get older? Find answers to these questions and learn how to communicate with teens for the best response.