



VIBRANT LIVING

BUILDING FAMILIES TODAY FOR TOMORROW

2

Parenting



Healthy Eating Healthy Action
Oranga Kai - Oranga Pumau



Waikato District Health Board



www.waikatodhb.govt.nz/HEHA



Aim:

Increase participants' awareness and knowledge of parenting skills, relationship building/maintenance. Personal growth and self esteem sections are also included for participants.

Description:

Parenting styles:

- Building awesome relationships with your children
- Understanding children's behaviour
- Logical consequences
- How to offer win/win choices
- How birth order shapes personality
- Making kids visible
- How to build life-long self esteem
- Teaching kids to listen to their inner voice
- Finding the best in your kids by being a selective detective
- Promoting cooperation rather than competition
- How to talk so kids will listen
- Reflective listening
- Tapping into children's natural initiative
- How to be approachable
- Effective ways for parents to communicate their feelings
- Avoiding labels
- Understanding what kids need from their parents
- Creating inspiring family environments
- How to empower your kids to reach their full potential
- Understanding the difference between punishment and discipline
- Effective discipline that leaves kids feeling good about themselves.
- How to build effective relationships with your family
- A focus on the unique issues involved in blending families.
- Using your new parenting and relationship skills in everyday situations.

Personal growth:

- Four keys to self esteem
- Notes on "The Secret"
- Healing old attitudes
- Where am I going?
- Happiness is an inside job etc.

Learning outcomes:

At the end of this course participants will have gained increased knowledge and skills of parenting and relationship building/maintenance as well as personal growth and self esteem strategies.

Content:

Education and interaction covering the prescriptors as above

Specific teaching and learning resources:

If 'Parentworx' deliver this module, they have their own resource:

The Awesome Parents Manual

One per participant approximately \$25 each.

