

The Confident Parent Course

Move from worry about your child, to confidence in your parenting

Today's parents are bombarded with confusing messages about parenting and their child's emotional wellbeing

- *How do parents work towards raising resilient and independent children?*
- *How can parents support children struggling with mental health?*

The Confident Parent Course uses a family systems approach, where focusing on managing yourself can bring about change in the family

- ✓ A four-part course with a facilitator and video content by Dr Jenny Brown, providing a balance of ideas, action role plays and time for reflection
 - ✓ When parents make a project out of themselves rather than anxiously focussing on their child, this provides developmental 'breathing space' for the child, reducing worry and increasing parent confidence
 - ✓ Focus on what is within your control, holding boundaries and parenting by your principles to regain confidence
 - ✓ Relevant for all age groups, covering in Part 1: Where is my energy directed? Part 2: Is worry driving my connection? Part 3: How do I hold clear limits? Part 4: Am I thinking big picture?
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What are parents saying?



“Stopping to think about where I focus all my energy was such a surprising way to start. I really thought I needed to become an expert on my child and felt guilty for not putting enough energy into this. The idea of refocusing energy direction towards managing my own self was so empowering.”

“I found the focus on big picture parenting, no quick fixes, to be a game changer in my parenting.”

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