

St. Michael's Lutheran School Presents:

An evening with Bill Hansberry



Raising Kids with Grit

**Being the Best Resilience Coach for your
Kids so they can navigate life's ups and
downs**

Monday 19 March

7.30-9pm

In the St. Michael's School Hub

So what is this thing called resilience? It must be important because the experts seem to be talking a lot about it and how important it is to kids' long-term mental health and happiness.

How do I make sure my kids develop emotional resilience?

How can I teach them to see the bright side and bounce back when life throws a challenge at them?

What is my child's school doing to develop resilience and how can I partner with them to make my child more resilient?

Is it normal for kids to be sad sometimes? Does this mean they will become depressed?

Why is my 13 year old so negative about everything? Is she depressed already?

When we think about it, we remember that it's the very nature of life to throw disappointments and setbacks at us from the moment we struggle down the birth canal to our very last breath. The painful truth for us all is that this of course is also true for our children. It was once said that *life is a contact sport*. I think this is true! Trying to push every obstacle out of our kids' way and eliminate every hardship in our kids' lives is exhausting and downright harmful to their emotional development. As tempting as it is!

Is there a sure fire list of things we can do to strengthen our kids' resilience? Well, it depends who you talk to. What we can say confidently is that our kids watch us very carefully. Every day, every moment, we are modelling to our children how to react to, and how to think about life's challenges and hiccups.

This informative, humorous and highly popular workshop is based on Chapter 10 of 'Raising Beautiful Kids'. Bill will unpick what we do know that is important to give our kids the best chance to develop their emotional rebound from life's insatiable challenges. Bill covers the *10C's of resilience building* and provides parents with a smorgasbord of helpful parenting ideas to build kids' *resilience muscle*.