

# How to Boost your Child's Emotional Resilience



Wed 17th May. 2017 | 19.30-21.15

St Albans Girls School, Sandridgebury Lane, St Albans AL3 6DB

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All parents want their children to be happy and able to cope with whatever life throws at them. But we all know that it isn't that straightforward. The latest Unicef report(2013) ranks the life satisfaction of children in the UK as 16th out of 29 countries and according to a report by Young Minds in 2014, 1 in 10 of our young people experience mental health difficulties. We can't protect our children from the pressures and troubles of life but we may be able to help them cope with those pressures better, learn from setbacks and grab opportunities. This talk aims to empower parents to help children through difficult times and every day challenges.

## Who is this event for?

The topics covered are particularly suitable for parents of children who are old enough to 'think about their thinking' – say Y5 upwards. However it's also relevant for any parents who want to increase their own resilience and model it to their children at any age.

## What the talk will cover:

Emma will cover key factors that can have an impact on resilience and some of the myths that parents and children may have about what it means to be resilient. She will talk about the important role that parents can play as role models and teachers as they experience setbacks for themselves and for their children. Finally Emma will introduce some practical ideas about what parents can do to develop resilient thinking habits over time. Those who attend

- Will learn what factors increase children's resilience and be able to identify ways in which they can influence these through their parenting.
- Will be invited to consider how to 'model' or teach resilience in everyday situations.
- Will learn to develop ways of talking to children about life's setbacks, in ways that increase opportunities for them to be resilient.

## About our speaker

Emma Judge is a Psychologist with a Masters in Applied Positive Psychology from the University of Pennsylvania. She is Co-Founder of How to Thrive and a Lead Trainer for the University of Pennsylvania on the Penn Resilience Programme. She works across the public, educational and private sectors on the implementation of well-being strategies, curriculum design, teacher training and leadership development. Emma speaks and teaches on the subject of positive psychology, well being and emotional resilience.

She's also a mum of 3 and well understands the pressures, joys and challenges of being a parent!