

Children's friendships

Ins & outs. Highs & lows.

They're complex!



LEARN TO SUPPORT CHILDREN ALONG THEIR CHILDHOOD FRIENDSHIP JOURNEYS

Why focus on friendships?

Children's friendships - vital templates that inform all the relationships that follow in life. Connection, empathy, likes and dislikes—these are all the rich learnings of childhood friendships. Being a good friend and having at least one good friend helps children's brains to grow positive pathways that enhance their emotional intelligence, self-regulation, resilience and wellbeing.

But not all friendships are healthy. Some are continually conflicted, manipulative or hurtful and every child needs the skills to recognise these relationships and to be able to manage them early and effectively.

Practical Guidance for Parents

A truly successful Parent Workshop explores the 'what's' and also includes the 'what to do abouts' and that's what this Workshop offers. Practical, immediately applicable solutions to the common occurrences in children's friendships.

The Friendships Workshop is a captivating and highly practical exploration of the complex world of children's friendships - a must for every parent.

This Workshop Includes:

- Understanding the friendship relationship zones
- How to make and keep friends
- How to identify and manage unhealthy friendships
- Tackling Drama Triangles
- What to do about friendship bullying

Learn from the BEST



HELEN DAVIDSON

Helen Davidson (Occupational Therapist, Masters Counselling, Family Therapy) and Claire Orange (BSci Speech Pathology (Hons), Counselling, Family Therapy) bring a collective 55 years of child, adolescent and family therapy to BEST Programs 4 Kids. Both have worked nationally and internationally in health and education and are sought after speakers, experts and advocates in the child, adolescent and family mental health.



CLAIRE ORANGE

Appearing as Channel 9, ABC National Radio and 6PR's parenting and mental health experts, the team at BEST appear weekly as media spokes-people for children and their families.

To organise a Parent Workshop in your school or community

Email the BEST Team at info@bestprograms4kids.com

or visit us at www.bestprograms4kids.com and complete the Workshop booking form

