

Supporting Your Child in a Digital World

Free Webinar

Thursday 25 March, 7.00pm - 8.00pm
Tuesday 30 March, 1.00pm - 2.00pm

The digital world is here to stay. We will discuss the role technology has in our daily lives and the implications this has for our children. During the workshop we will ask challenging questions of you. Are your children safe in the online world? Do you know what sites your children visit and who they are online with? How much digital time is too much? We will also provide some suggestions to try at home to help get the balance right - helping to ensure the well-being of your children.



Parenting Through Big Emotions

Free Webinar

Wednesday 14 April, 11.30am - 12.30pm
Wednesday 12 May, 7.00pm - 8.00pm

Emotion Coaching Parenting is an approach that focusses on developing supportive, emotionally responsive parenting. The theory behind the approach is that children develop their capacity to think about emotional experiences and regulate their responses when parents are in tune with difficult emotions. When children experience parenting that validates and understands their emotions, they learn to resolve many of their own issues. Emotion coaching creates a strong emotional bond between parents and children.

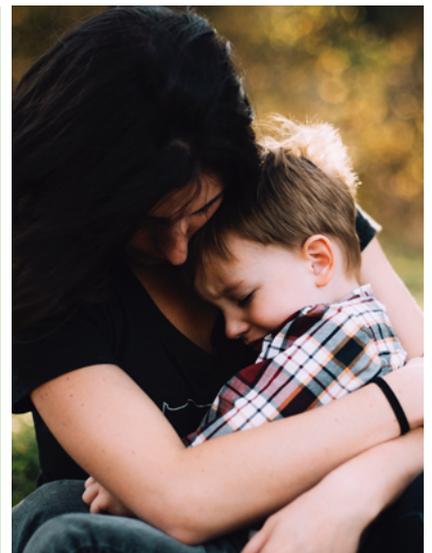


Helping Children and Adolescents Through Grief, Loss and Change

Free Webinar

Wednesday 19 May, 11.30am - 12.30pm
Tuesday 25 May, 7.00pm - 8.00pm

Grief is a natural response to a significant loss. Everyone feels grief at some point in their life. However, each person's experience is different. We will talk about grief/loss and change for children and teenagers considering their developmental stages, their common reactions and how to help them through this. You will leave with some practical tips and resources to best support children through difficult times.



Presented by Mana Ake Facilitators

Register for these free webinars using the QR code or contact manaakefeedback@cdhb.health.nz

