Developing Your Child's Social and Emotional Skills

With Helen Davidson

Tuesday August 10th 2011

7.00pm – 8.30pm

Learn about:

- Why social and emotional skills lead to greater happiness
- The 13 essential social and emotional skills that every child can learn
- Practical and fun ways for parents to teach them
- How to bully and tease-proof your child
- How to help your child to cope with everyday difficult playground scenarios
- How to build confidence and resilience step by step at home
- Playground survival skills every child should know
- And More!

Invaluable knowledge and insights gained from 25 years+ working with children and from developing a unique social and skill building course.

Helen Davidson, psychotherapist, author, parent coach and educator, is the Founder of Kidzmix, a social and emotional skills development group program for children, from which thousands of children - and their parents - have graduated. Helen has recently published "The 4th 'R'-- Relationships, As Important as Reading, Writing and Arithmetic" -- a self-help book for parents and children about developing children's social and emotional competence.

Helen is an Occupational Therapist with a Masters Degree in Counselling, and she has postgraduate training in all the current psychological therapies; is a Family Therapist and has worked internationally in child and adolescent psychiatry in the assessment and treatment of all mental health conditions, using both individual and group psychotherapy.

Helen is passionate about helping parents to incorporate emotional and social skill building into their everyday parenting - skills which current research continues to prove have an overwhelming contribution towards a child's psychological resilience and thereby their lifelong positive mental health, and in "The 4th 'R' -- Relationships" Helen gives parents numerous practical ways to develop these skills.

Helen has a private therapy practice, conducts professionals and parent seminars, and is employed in a public mental health clinic in the assessment and treatment of young people experiencing a mental health crisis.
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