

## Parenting 101: Back to Basics

Dear Families,

Being a parent can be a tough gig at times. I've had my share of challenges bringing up three kids. I don't always get it right, but I'm always trying my best. Daisy and Finn are now adults, still living at home, and Monty is nearly 16. They are great human beings and I'm still thinking of ways to continually support them to be even better.

I've always wanted to be a father and used to often think about what I would need to do to bring up great kids. I was always researching and reading about parenting. I started to run parenting workshops a few years ago, then wrote my first book, 'Connecting with your Kids'. I'm now writing 'Connecting with your Teen', with topics that are more suited to adolescents. Hopefully this will be released later this year.

In a few weeks, I am running a free parent workshop at Leopold Primary School. The title is 'Parenting 101: Back to Basics'. Through attending the workshop, parents will gain:

- Simple, practical, easy ideas they can use at home with children to help build stronger family relationships.
- Improved self-confidence in communicating with children.
- Clear methods for connecting with kids.
- Creative ideas to help children become happier and more resilient.

Please click on this QR code to register, or for more details, see the flyer in our school newsletter under the 'MHWB Parent Information' section.



Hope to see you all there!

Andy McNeilly  
Mental Health and Wellbeing Leader

