



# Parents Evening

What is resilience? Why is it important?  
How can I help my child be more resilient?

In our daily lives we all face set-backs: our resilience is what allows us to learn from them, bounce forward and thrive.

All parents want their children to be happy and able to cope with whatever life throws at them.

But we all know it isn't that straightforward.

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.

## What will the talk cover?

- The key factors that impact our resilience.
- Some of the myths that parents and children may have about what it means to be resilient.
- The important role that parents play.
- Some practical ideas about what parents can do to develop resilience over time.

## By attending you will:

- Learn about the key factors that increase resilience .
- Identify how they that can influence parenting.
- Think about your own resilience.
- Consider ideas on how to talk to your children about setbacks, so they ....
  - are more resilient
  - increase their opportunities
  - see difficulty as a learning opportunity.

**Places are Limited**

**Book now!**

**Thursday 8th June 7-9pm**

Westfield Primary School and  
Nursery

Call 01442 862 729



How to Thrive are specialists in practical resilience training in schools.

They provide the training, skills and resources to build children's and young people's resilience.

Lucy Bailey will lead the session.

Lucy is Head and Co-founder of How to Thrive. She has 17 years of experience of working in children's services. Over the last nine years Lucy has focused on education, she directs the national Healthy Minds Programme, has an MSc in Practice Based Research, a BSc in Social Policy and Criminology, and a Post-Graduate Certificate

Parents who attended similar sessions said...

*"Eye-opening, useful, fun, practical"*

*"Reminding me how I relate to my child and encourage more open discussion."*

*"Such an important topic, delivered in a way I can understand and make useful in real life."*