

Parenting at your best!

Supporting parents to find their confidence and enjoy their kids.

This four week, online facilitated parenting programme has been designed by us to better meet the needs of busy parents who want to up-skill and find the fun again.

Our team is made up of professionals with backgrounds in psychology social work and education, with years of experience and working across national whānau-centred projects as writers and advisors. We have based this programme on the most up-to-date research, consideration of our Aotearoa context and our many years of experience working with parents and what supports them to be their best.

You'll learn:

- How to establish strong connections with your kids that are positive and loving.
- How to support your kids with their big emotions, as well as yours too.
- What wellbeing is, and how to support this for you and your kids, and know what to do to ensure to nurture, and boost your wellbeing. Wellbeing is strongly connected to resilience so this is also a core part of this session.
- To have more awareness of your parenting style, where this comes from and how to better remain as the parents we want to be.

Parenting at Your Best is \$198 or receive a 50% discount as a regular coaching client.

Contact us directly to register- email or call Anna
anna@realparents.org - 021 712 173

real parents

  @realparentsnz
www.realparents.org.nz

Two of our team

Anna Mowat

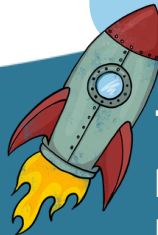


Anna has a background in psychology and is our Real Parent director. She works one on one with families as well as writes and advises for a number of national whānau and tamariki wellbeing projects.

Kate Jones



Kate is a social worker with loads of experience and a deep empathy for working with parents who have experienced trauma. She has also worked clinically across schools and with whānau directly.



Take your parenting to the next level!

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