

## Family Information Workshop One

# Positive Approaches to Guiding Children's Behaviour



Positive behaviour guidance is when adults help children learn to 'self-manage' their behaviour and learn acceptable behaviour. It helps children think about their actions and the impact they have on themselves, others and the environment around them.

When expectations are clear and understood, children feel safe and secure, resulting in happy and confident children with improved self-esteem. Learn about positive approaches to guiding children's behaviour and how to develop strategies.

### Learning objectives:

- Get some tips on encouraging acceptable behaviour
- Learn about requests versus instructions
- Learn about why your child might not be co-operating

### WORKSHOP DETAILS

#### WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding

#### FORMAT

Online

#### DURATION

90 minutes

#### COST

\$450 (+gst) per session

#### CONTACT

For more information or to apply for this workshop, contact Meli

☎ 03 5278 8122

✉ [schoolreadiness@meli.org.au](mailto:schoolreadiness@meli.org.au)

### Please note:

Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Family Information Workshop Two

# School Readiness and Positive Transitions



### What is 'School Readiness'?

School Readiness is a measure of the knowledge, skills and behaviours that enable children to participate and succeed at school. Relationships are at the core of positive transition to school experiences. When families, early childhood services, schools and communities work together, the 'whole child' is supported to reach their full learning potential.

### Learning objectives:

- Learn about what 'School Readiness' looks like
- Learn about what to look for when deciding if your child is ready for school
- Get some tips on preparing for school and how to create a positive transition
- Get some tips for the first year of school

### WORKSHOP DETAILS

#### WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding

#### FORMAT

Online

#### DURATION

90 minutes

#### COST

\$450 (+gst) per session

#### CONTACT

For more information or to apply for this workshop, contact Meli

☎ 03 5278 8122

✉ [schoolreadiness@meli.org.au](mailto:schoolreadiness@meli.org.au)

### Please note:

Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Family Information Workshop Three

# Building Independence and Fostering Resilience



As children get older, it is expected that they can manage more complex tasks and practice decision making with more independence. Some are more confident, while others may need more encouragement.

It can be challenging for a child to build resilience if it isn't practiced in the early years. Finding the balance between allowing them to learn through trial and error while also reassuring them they are safe and secure can be tricky.

Resilient children know their limits and they may push themselves to step outside of their comfort zones. Resilience is not something that children either have or don't have; it's a skill that they develop as they grow.

### Learning objectives:

- Build, strengthen and promote independence
- Develop a clear understanding of the importance of building children's resilience
- Develop everyday strategies for building children's resilience
- Create opportunities for healthy challenges

### WORKSHOP DETAILS

#### WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding

#### FORMAT

Online

#### DURATION

90 minutes

#### COST

\$450 (+gst) per session

#### CONTACT

For more information or to apply for this workshop, contact Meli

☎ 03 5278 8122

✉ [schoolreadiness@meli.org.au](mailto:schoolreadiness@meli.org.au)

### Please note:

Workshop content can be modified to meet the needs of particular kindergartens/educators.