



## 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

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**Please note:**

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