



# Future Families

## *Conscious Parenting Workshop*

Our workshop on Saturday July 26th 2008 was a huge success with nearly 50 attendees. It was great to see our regulars, some new faces and lots of keen dads as well!

We kicked off with a talk from Anke Koelman about brain development in children. Kath Silard then gave some insights into using play techniques to assist children with 'problems' (i.e behaviour issues or past trauma). Louise Porter gave us a thorough look at parenting styles and with humour, backed up with experience, Louise provided a clear way forward to 'guide' children instead of disciplining them. Lastly, Janet Poulsen brought some lightness to the day with some simple, fun ways to 'be' with your children. The speakers were all professional, knowledgeable and inspirational. A lot to take onboard in one day but a great collection of supportive ideas.



For those who want a refresher or if you missed the day there are other options:

- We now have Louise's book and DVD in the Future Families library
- Janet has parenting courses commencing regularly
- Anke has workshops regularly

