

## Resilient Families- E-learning training course



A course for any parent looking to nurture confident and emotionally resilient children.

Before starting this course, you should first complete the Resilience and Wellbeing elearning course.

### **By the end of this course you will be able to help your child:**

- Bounce back when things go wrong
- Understand the importance of making mistakes
- Better manage disappointments and difficulties
- Recognise and talk about their feelings.

### **You will also know how to:**

- Use appropriate phrasing when questioning your child
- Recognise the way your child learns from your behaviour
- Avoid some of classic pitfalls when talking to your child.