

# IDEAS TO BUILD YOUR CHILD'S CONFIDENCE AND SELF-ESTEEM

**A loss of confidence can happen anywhere: at school, in sporting teams, at home. Northcott invites families, extended family members, teachers, service providers and the community to an information session exploring ways to build your child's confidence and self-esteem.**

The session will assist participants to:

- Know what undermines your child's confidence and self-esteem?
- Be aware of the signs / behaviour of children with low confidence?
- Identify effective ways to support children when they are bullied.
- Learn effective strategies in promoting strengths/resilience in children.
- Look at ways schools, parents and communities can work together to promote a safe and supportive learning environment.



There will be plenty of time for questions and discussion within the session.

**Presenter:** Philip Babbage has worked for 5 years with UnitingCare Burnside as an accredited Group work Facilitator. He is well known for facilitating the successful 123 Magic course in the Coffs Harbour area. Philip also has a degree in Education working for over 10 years as a teacher in both Primary and High schools and is fully aware of the importance of children's self-confidence for a positive school experience especially in relation to bullying. But perhaps his greatest achievement is being a Dad of 3 children with a passion for all children to grow and develop to their full potential, free from fear or trauma.



**DATE:** Monday 25/06/2012

**TIME:** 5:00 Light Supper Session: 5:30pm to 8:30pm

**PLACE:** Orara High School Joyce St Coffs Harbour

**RSVP:** Wednesday 20/06/ 2012

**Name:** Glenn Pearson or Pam Hill

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The talk is free of charge and a light supper will be provided

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