

PARENTS, YOU'VE GOT THIS

A seminar series designed to help employees navigate the challenges of parenting



BLUESTONE
FAMILIES

We want to be the best parents we can be but no-one gives us a handbook!

From toddlers to teens this seminar series is designed to help parents reflect, learn and strengthen their parenting skills. Delivered by Deirdre Brandner, Bluestone Families' renowned Australian Child and Family Psychologist, each 1 hour seminar is designed to empower parents with proven, practical tools and strategies that work. Deirdre's 30 years of clinical experience will instill employees with parenting confidence and help remove the stresses that parents often come to work with. Whether you choose 1 or all 5 seminars, employees will love them.

HELPING YOUR ANXIOUS CHILD

Deirdre explores what anxiety is and what we as parents can do to help reduce anxiety and fear in our children. Based on proven strategies that work, Deirdre shares practical, helpful, and simple tips and techniques to support and foster calmer, happier kids.

SECRETS TO SUCCESS

Education nowadays can be a high pressure experience so it is often hard to know which parenting strategies really promote learning. Deirdre will talk you through the 5 necessary skills that reliably predict school and learning success and how to instill them in your children.

MANAGING BEHAVIOR

From sulking to tantrums, shyness to over exuberance, when we understand what is going on for our children we are better able to respond with an effective approach that encourages positive behavior, emotional growth and self-regulation. Deirdre will discuss simple actionable strategies that work for children all ages.

SETTING BOUNDARIES

Some of the greatest parenting pain points are when your child is defiant, disrespectful or just plain out of control. We know that boundaries and rules for children are necessary in order for them to grow up healthy and stay safe, however setting limits can be a huge struggle for parents. Deirdre will discuss the steps to gently guide your child in the right direction and have you enjoy your parenting a whole lot more.

SCREENS AND SCREAMS

As parents, we want to do the best we can for our children, and so we want to be able to guide them in both the real and virtual world. How do we balance screen time, social media and gaming use at each age and stage? Deirdre will provide you with research based information regarding technology use and share actionable strategies that can support our children's well-being as they navigate this on-line world we live in.



Deirdre Brandner

Deirdre Brandner is a renowned Australian child and family psychologist, author and parenting expert. With over three decades of clinical experience, her wisdom and practical, results based approach has earned her recognition from national and international media, corporations and educational institutions. A co-founder of Bluestone Families, she aims to empower parents and children alike to experience a fulfilled life.

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Deirdre, was absolutely wonderful! Best parenting speaker I've ever heard- and I promise I don't say that to everyone. She really cares about children's wellbeing and helping parents be the best they can be. I have used some of her tools and techniques and they work! - Janine

BLUESTONE FAMILIES LOCATIONS

New Zealand, Australia, United States

happy, healthy, connected

For more information contact us
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