



Parenting at your best!

Supporting parents to find their confidence and enjoy their kids.

This four week, parenting programme has been designed by us to better meet the needs of busy parents who want to up-skill and find the fun again.

Our team is made up of professionals with backgrounds in psychology, social work and education, with years of experience and working across national whānau-centred projects as writers and advisors. We have based this programme on the most up-to-date research, consideration of our Aotearoa context and our many years of experience working with parents and what supports them to be their best.

You'll learn:

- How to establish strong connections with your kids that are positive and loving.
- How to support your kids to manage their big emotions, as well as yours too!
- What resilience and wellbeing are and how to support these for you and your kids.
- To have more awareness of your parenting style, where this comes from and how to become the parents we want to be.

We offer this programme online for \$99 and in central Christchurch for \$149.

Two of our team



**Anna
Mowat**

Anna has a background in psychology and is our Real Parent director. She works one on one with families as well as writes and advises for a number of national whānau and tamariki wellbeing projects.



**Kate
Jones**

Kate is a Mum of 2 and a social worker with loads of experience and a deep empathy for working with parents who have experienced trauma. She has also worked clinically across schools and with whānau directly.

real parents



Bookings Essential

hello@realparents.org
021 712 173

  @realparentsnz

www.realparents.org.nz