

BUILDING EMOTIONAL RESILIENCE

For parents and carers of
preschool aged children



This free online session, by
psychologist Marina Bailey,
will help parents build their
child's emotional resilience.



WEDNESDAY

3 JUNE

6:30 PM – 7:30 PM

Online (link will be sent)

Register [here](#)



This workshop will discuss:



- Communication, social and emotional regulation skills
- How parents and educators can work together
- Building independence and self confidence
- Managing screen time, sleep and downtime
- Supporting challenging behaviours

This session helps parents identify ways to practice and reinforce these skills during early childhood, ensuring they act as lifelong protective factors for their child.