



Calm and Co-operative Kids

One of the most difficult parts of parent/caregiving is helping children feel co-operative, manage frustration and deal with impulsive behaviours. This seminar is designed to help parents/caregivers of primary aged children help kids to act more calmly, feel more co-operative and find it easier to manage big feelings and impulsivity.

In this seminar, parents/caregivers learn practical strategies including:

- What causes some children to experience more frustration (“big feelings”) than others - why it’s not “bad behaviour”
- What to say and not say when children get frustrated
- What parenting behaviours help children learn to feel more co-operative - and which accidentally make them worse
- How to implement rules, routines and consequences in fair, empathic and connected ways
- How to help children act more co-operatively independently rather than rely on parent “nagging”



A bit about Kirrilie - Kirrilie has worked as a clinical child and adolescent psychologist for the last 25 years in private, government and community settings. Kirrilie is now the director of Developing Minds, a group of 23 child and adolescent psychologists, has provided therapy to approximately 5000 children, teens and families and supervised over 60 child and adolescent psychologists. She is also a lecturer and course co-ordinator at the University of SA, authored 3 books about young people and provides consultation to national media, education and health organisations.