



## Calm and Connected Kids

Friendships and peer relationships are often a wonderful part of life for children, but can also be challenging. This seminar is designed to help parents/caregivers of primary aged/early middle school young people know how to support them to develop positive friendships and manage the normal peer difficulties which arise in this age and stage of development.

In this seminar parents/caregivers learn information and practical strategies including:

- Why friendships and positive relationships matter for children and young people
- The type and frequency of normal peer difficulties which occur for both boys and girls
- How to coach children/young people to confidently, kindly and assertively manage friendship difficulties
- When and how to intervene in more serious or ongoing conflict/exclusion situations with friends
- How to work together with other adults/organisations (including schools) to support children to manage peer difficulties



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.