

Raising Children with Confidence



Introduction to course



This course aims to:

- raise awareness
- improve confidence
- build understanding

about how we can best support positive mental health and emotional wellbeing in ourselves and our children.

Promoting Wellbeing

Supporting
children's
mental
health and
wellbeing



The Developing Brain

How experience shapes
the brain



Why Love Matters

Creating positive relationships and attachments



A photograph of a man with dark, wavy hair wearing a dark blue long-sleeved shirt. He is holding a silver flip phone to his ear with his right hand. A young child with light brown hair and a blue shirt is sitting in front of him, looking up at him. The background is a soft-focus green field. The text "Staying Connected" is in the top right, and "Listening to understand and developing empathy" is below it.

Staying Connected

Listening to understand
and developing
empathy

Building Resilience

Coping with life's ups
and downs



Looking After Ourselves

The importance of parental wellbeing

