

A photograph of three young children in a library or playroom. A girl in the center is reaching for a blue toy, while a boy on the right is holding a blue cup. A girl on the left is partially visible. Bookshelves filled with books are in the background.

Family Information Workshop One

# Positive Approaches to Guiding Children's Behaviour

Positive Behaviour Guidance is when adults help children to learn to 'self-manage' their behaviour and learn acceptable behaviour. It helps children to think about their actions and the impact they have on themselves, others and the environment around them.

When expectations are clear and understood, children feel safe and secure, resulting in happy and confident children with improved self-esteem. Learn about positive approaches to Guiding Children's Behaviour and how to develop strategies.

## Learning objectives:

- Learn about Prevention and Intervention Guidance strategies
- Get some tips on Encouraging Acceptable Behaviour
- Learn about Requests versus Instructions
- Learn about why your child might not be cooperating

## How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online via Zoom or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

## Additional information

- \* Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- \* Delivery of workshops outside of standard working hours may be an option – please contact to discuss.
- \* This workshop is 90 minutes long.
- \* Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Cost

\$450 per session plus GST



Family Information Workshop Two

# School Readiness and Positive Transitions

What is 'School Readiness'? A measure of the knowledge, skills and behaviours that enable children to participate and succeed in school. Relationships are at the core of positive transition to school experiences.

When families, early childhood services, schools and communities work together, the 'whole child' is supported to reach their full learning potential.

## Learning objectives:

- Learn about what 'School Readiness' looks like.
- Learn about what to look for when deciding if your child is ready for school.
- Get some tips on preparing for school and how to create a positive transition.
- Get some tips for the first year of school.

## How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online via Zoom or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

## Additional information

- \* Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- \* Delivery of workshops outside of standard working hours may be an option – please contact to discuss.
- \* This workshop is 90 minutes long.
- \* Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Cost

\$450 per session plus GST



# Building Independence & Fostering Resilience



As children get older, it is expected that they can manage more complex tasks and practice decision making with more independence. Some are more confident, while others may need more encouragement.

It can be challenging for a child to build resilience if it is not learned from an early age. It can also be tricky trying to find a point where your children are challenged and learn through trial and error, but also feel secure and know that they have support.

Resilient children are more likely to take healthy risks and 'bounce back' because they are not afraid of falling short of their expectations. They are curious, brave, and trusting of themselves and their capacity.

Resilient children know their limits and they may push themselves to step outside of their comfort zones. Resilience is not something that children either have or don't have; it's a skill that they develop as they grow.

## Learning objectives:

- Build, strengthen and promote independence
- Develop a clear understanding of the importance of building children's resilience
- Develop everyday strategies for building children's resilience
- Create opportunities for healthy challenges

## How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online via Zoom or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

## Additional information

- \* Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- \* Delivery of workshops outside of standard working hours may be an option – please contact to discuss.
- \* This workshop is 90 minutes long.
- \* Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Cost

\$450 per session plus GST

**For more information or apply for this program contact:**

Bethany Community Support **Ph: 03 5278 8122**

Email us on [schoolreadiness@bethany.org.au](mailto:schoolreadiness@bethany.org.au)