



Mark Le Messurier – PARENT EDUCATION SEMINARS

TOPIC: *Setting up for SUCCESS series –*

DEALING WITH BIG FEELINGS –

Coaching kids to manage ANXIOUS to ANGRY feelings, and anything in-between!

Wednesday 8th March, 6.30pm to 8pm – Woodend Primary School

Mark Le Messurier is a well-known teacher, counsellor and author of 11 books. He is the co-author of BOTH 'What's the Buzz? friendship/ social skills building programs' now assisting children (4 to 14 years) in schools and organisations around the world - <http://www.whatsthebuzz.net.au/> He regularly presents at conferences and is a recipient of an Australian National Excellence in Teaching Award. Mark works in schools and in private practice in Adelaide with young people he affectionately calls 'Tough Kids'. He is the architect of the 'Mentoring Program' now running in many Catholic and state schools throughout Australia to support vulnerable students. Mark's book, **RAISING BEAUT KIDS** (\$35), follows **PARENTING TOUGH KIDS** (\$35) which became an international best seller. Mark's books will be available at the workshop for purchase, using cash or credit card. Mark will offer **RAISING BEAUT KIDS** and **PARENTING TOUGH KIDS** together as a **BOOK BUNDLE** for the discounted price of \$50. Proceeds from book sales go to Hutt Street Centre - <https://www.huttstcentre.org.au/>



Are **BIG FEELINGS** normal?

Yes, everyone experiences **BIG FEELINGS** - even emotionally mature adults! Typically **BIG FEELINGS** are bigger and more prevalent in the world of children usually as a reaction to dread, stress or disappointment. So, first up, let's normalize these **BIG FEELINGS** by seeing them as frustrated feelings accompanied by compensating behaviours. These compensating behaviours can be expressed as anger, aggression, anxiety, avoidance, shyness, withdrawal, shame, running away, tearfulness, sadness, despair and so many more!

How do **BIG FEELINGS** and tricky compensating behaviours work together?

As children start to grasp the social and emotional worlds of school and home, there's a tendency for them to impulsively use anger as a defence against any kind of emotional threat or risk. On one hand, anger can be used by all individuals, at any age, to simply get their way. Equally, anxious and fearful children can flip into anger as protection against what they perceive as a threat.



Is some anxiety in my child alright?

Just as we worry, children worry. Normally, it is seen as a reassuring sign that their development is on track as worry is a useful means to plan, sort, prioritise, unravel problems and cope with life's experiences. However, too much anxiety, too often stops children from getting the most out of life. Too much anxiety causes children to miss school, miss social activities and miss out on night after night of sleep just because of the troublesome thoughts in their head.

Can I really coach my child to better manage their **BIG FEELINGS**?

Many parents feel helpless as they witness their child acting out their **BIG FEELINGS**, inaptly, day in and day out. Sometimes, from a place of love, parents unintentionally use strategies that feed and strengthen their child's strong and distressing emotional responses. There isn't a 'one-size-fits-all' solution to address the array of **BIG FEELINGS**, but there is a wide selection of great research-based techniques that can help manage it. Learning to manage all kinds of **BIG FEELINGS** starts with coaching kids to identify the feeling they're experiencing and developing tools to calm down and express feelings and thoughts. The truth is that most of these coping skills are simple to learn, easy to use and effective over time. It is possible to teach all kids how to cope better with their **BIG FEELINGS** and bring more emotional steadiness and happiness in their lives.

Will this workshop give me ideas that are 'real' and I can start using straightaway?

Mark promises to bring a wealth of totally practical ideas to show parents how to coach their children to tame their **BIG frustrated FEELINGS**. This workshop invests in you so you can empower your children!

To see and hear Mark Le Messurier go to his YouTube Channel - www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw
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