



# Building Resilience in the Early Years

**Stepping stones to help build a growth mindset and self esteem**

What strategies can parents adopt early to help children develop resilience across their life time? We'll explore the factors that influence our children's resilience and how parents can help in supporting their children's development of these skills.



Monday 26th  
October  
6.30-8.30pm



South Hedland Child  
and Parent Centre  
Weaver Place, South  
Hedland



Mums, dads,  
carers and  
grandparents  
welcome

 **AGE RANGE:** 1 –5 years

 **TO BOOK:** (08) 9172 4956

 **DURATION:** 2 hours

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Child and Parent Centre  
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