



Programs to enrich your child's social and emotional development

About the Program

- ◆ The Life Skills for Kids Programs are specialised resilience programs for children designed to help prepare them to manage life stresses better by teaching them both **emotional coping skills and relationship skills**.
- ◆ The groups are facilitated by experienced registered clinical psychologists, and have been operating since 2002.
- ◆ The programs are aimed at all children aged 6-12 years, including those experiencing bullying, friendship problems, low self-confidence or difficulties with emotions such as sadness, anger or anxiety, within a supportive small group environment. It is based on an evidence based cognitive behavioural therapy model and resilience literature.
- ◆ The specific skills covered in the **comprehensive 6 week social and emotional skills program** include:
 - Communication and self-regulation skills,
 - Friendship-making skills,
 - Understanding and managing feelings, through coping skills and helpful self-talk – emotional regulation skills,
 - Handling conflict such as bullying and teasing by using negotiation, compromise and being assertive.

School Based Program

The Life Skills programs are available to be delivered within the school environment to address the needs of students with identified social and emotional issues. The program follows the 6-session structure, with opportunities for booster and parent sessions. The school based Life Skills Program has the additional benefit of children practicing the skills with peers who they interact with on a daily basis.

What is involved?

- Facilitate the Life Skills Program on site within school hours for 6-8 students. Includes – 6 weekly sessions, 1-hour duration.
- Preparation and provision of all relevant worksheets and resources for activities.
- Weekly information sheets on skills covered in the program to be provided to the class teacher and respective parents.
- Booster session in subsequent term as a follow-up, to consolidate skills.
- Recommended reading / book lists on further developing the social skills targeted provided.
- Parent Education Session which will:
 - Describe and explain in further detail to the strategies and skills their child has learned;
 - Provide additional strategies parents to build their child's resilience, and social confidence based on the latest research in this area
 - Provide a model for understanding how to support and help your child manage difficult emotions, and building their emotional intelligence;
 - Provide ways to improve the quality of your relationship with your child.
- Schools have the opportunity to select suitable participants, with parental consent.

The community and school based programs are facilitated by experienced clinical psychologists who specialise in the area of child and adolescent mental health and resilience.

Fees & Rebates

- Options available of hourly facilitator fee or program fee per student. Where applicable, Medicare and Private health rebates may apply.

Further information

Further details are available through the website - www.lifeskillsforkids.net.au. The website contains information for families and referrers about the program, the group leaders, fees, rebate information, timetable, parent education sessions etc.

Please contact Françoise Ballantyne – Clinical Psychologist – Group Program Coordinator to discuss the specific needs and requirements