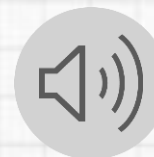


RAISING CONFIDENT, COMPETENT CHILDREN

NIAGARA REGION PUBLIC HEALTH – SCHOOL HEALTH TEAM



MINDFUL LISTENING ACTIVITY



mindup
For Life

mindup
For Educators
+ Schools



mindup
For Adults

mindup
For Parents
+ Families

TRIPLE P

Our comprehensive positive parenting program helps you learn effective parenting strategies that can be tailored to your family. Throughout the program, you'll work with a Positive Parenting Provider to establish learning objectives and personal goals.

If you are interested in hosting a Triple P session in your school community reach out to your School Health Nurse or email healthyschools@niagararegion.ca

BUILDING BLOCKS FOR SUCCESS



Becoming a good problem solver



Being Considerate



Having good communication and social skills



Having healthy self-esteem



Becoming Independent



Showing Respect to others

SHOWING RESPECT TO OTHERS

BEING CONSIDERATE

HAVING GOOD COMMUNICATION AND SOCIAL SKILLS



HAVING HEALTHY SELF-ESTEEM




BECOMING A GOOD PROBLEM SOLVER

BRAIN BREAK

Every Brain needs a break

**MINDFUL
AWARENESS**

**BECOMING
INDEPENDENT**



SOCIAL AND EMOTIONAL LEARNING

TAKE HOME MESSAGES

1. Encourage your child to show respect to others
2. Encourage your child to be considerate of others' needs, emotions and feelings
3. Help your child become a good communicator and develop their social skills
4. Help your child develop healthy self-esteem
5. Teach your child to become a good problem solver
6. Promote independence by encouraging your child to take responsibility and do things for themselves

ON BEHALF OF THE SCHOOL HEALTH TEAM

**THANK YOU
VERY MUCH**

For more information email healthyschools@niagararegion.ca

