

Top Tips for Parents

Taken from The HUB's Parenting Workshop held on Thursday 10th March.

Have FUN as a family.

It doesn't have to cost a lot but invest time and energy into making happy memories... those are the ones that will last.

Understand that communication can be difficult and young people can have rigid thoughts.

Try to help them look at all the options available in order to make an informed decision that they can own.

Don't be too hard on yourselves.

As parents, you just need to get it right about 60% of the time. We can't be perfect.

Research Growth Mindset.

You can ask your school or contact Education Department.

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