

Power Up

Building resiliency for children

Family Works Power Up is a FREE individualised programme designed for children aged 6–12 years – to help parents and kids communicate without anger or aggression.

- ▶ Does your child often get angry or have a short fuse?
- ▶ Do you feel like you are running out of tools in your parenting tool kit?
- ▶ Are you feeling stretched as a parent and struggling with your child's behaviour?

Power Up builds new skills for children and adds more to your parenting tool kit.

Power Up can help when your child:

- ▶ Is using anger and aggression as a way of communicating
- ▶ Tends to have a short fuse
- ▶ Tends to be explosive in challenging situations
- ▶ Gets angry often
- ▶ Gets frustrated easily
- ▶ Hits out
- ▶ Is difficult to manage

Up to 10 sessions, Power Up can help you, your child and your family deal with everyday situations without hitting out, temper tantrums, or explosive behaviour.

Some sessions are with your child, some sessions are with you as parent/carer, some sessions are together.

In a supportive, constructive and safe environment we will explore:

- ▶ What underlies explosive behaviour
- ▶ Strategies to defuse explosive behaviour
- ▶ How to help your child to develop self-regulation skills
- ▶ How to support your child's development of lagging skills
- ▶ How to enjoy positive times with your child

Family Works helps families and whānau to be safe, strong, connected.



Call us 03 688 5029

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