Helping children to build resilience

We can’t always protect our children from stress but we can teach them the skills to cope with life’s challenges.

It is normal for children to experience some stress throughout childhood and adolescence. Many children may experience heightened stress related to peer pressure, family conflict, transition from primary to high school, increased demands of study, performance expectations and body image.

What is Positive Psychology?
Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

What is The Aussie Optimism Positive Thinking Skills Program?
Aussie Optimism is an evidence-based resilience program which is based on positive psychology principles. The program focuses on building competencies in children such as building key social and emotional skills and it provides families with practical information and strategies to support their child’s development of these key skills at home. The Aussie Optimism programs have been shown to prevent and reduce symptoms of anxiety and depression (Aussie Optimism team, Curtin University).

In this program children learn that thoughts and feelings are connected and that there are helpful and unhelpful thinking styles. Children learn strategies that help them to cope when they feel afraid, and relaxation techniques to help them feel better in challenging situations. These skills include:

- Planning
- Identifying comfortable and uncomfortable feelings
- Recognising feelings in different situations
- Thought and feelings connection
- Looking for evidence to change our thoughts

Children are encouraged to apply these skills to:

- Help them deal with fears
- Plan fun activities/events
- Have a positive outlook in life

The 10 week Aussie Optimism Positive Thinking Skills Program at Milestones Clinic

Milestones Clinic is offering this program as a small group program facilitated by two registered psychologists.

Children who attend this group are of similar age, with approximately 8 children in each group.

The program will run for 10 weeks for an hour each week, after school at our clinic at 7/37 Cedric St Stirling.

For upcoming program dates, please check our website.

Cost: $650 for the 10 week program. (Includes one parent information meeting).

Private Health Fund Rebates may apply. Please check that your health fund provides rebates for group therapy on your current level of cover.

For further information and to book your child into this program, please contact:

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