

Getting Ready for Middle School or High School...

Helping Children to Thrive in Middle School and High School

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. It can be helpful to learn skills from the science of positive psychology to assist children to cope with these challenges in preparation for the transition from junior school to middle or high school.

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.



Social life skills for thriving in the coming teenage years

Aussie Optimism Social Life Skills Program Yr 5&6

What is The Aussie Optimism Social Life 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 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 the risk of anxiety and depression (Aussie Optimism team, Curtin University).

In this program children learn and practice skills to help them get along better with others. These skills include:

- ✓ **Decision Making**
- ✓ **Communication**
- ✓ **Assertiveness**
- ✓ **Negotiating and Compromising**
- ✓ **Developing friendships and support networks**
- ✓ **Coping skills for challenging stressful situations**

Children are encouraged to apply these skills to:

- **Prepare for middle and high school**
- **Improve family, friend and peer relationships**
- **Cope with becoming a teenager**

10 week Aussie Optimism Social Life 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.

Time: 4.00pm – 5.00pm

Day: Thursday

Dates: 29th April 2016 – 30th June 2016

Parent Meeting Date: 7.30pm
Tuesday 26th April

Venue: Milestones Clinic, 7/37 Cedric Street, Stirling.

Cost: \$700 for the 10 week program.

Note: This is a cost of \$70 per session (before private health fund rebate). 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:

Milestones Clinic: (08) 9207 1990

Email: reception@milestonesclinic.com.au

www.milestonesclinic.com.au



Milestones Clinic

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