

Upcoming Webinar for Parents

Dr Justin Coulson presents: **Connecting with teenage daughters**

Dr Justin Coulson writes and speaks about parenting and family. He returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology. Now the focus of his life is his family and helping other families flourish – in that order. Justin has written six books and is a four-time bestselling author. He is an occasional columnist for the New York Times and appears regularly in all of Australia's major news outlets for television, radio, and print. Justin lives with his wife and six daughters in Brisbane, Queensland.

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend this webinar at no cost.



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See the expert as they speak



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No charge for our school
community**



Watch an overview from Dr Justin Coulson

About the webinar

Trying to guide a teenage daughter through a complex adolescent world is... well, complicated. Alcohol and drugs, mental health concerns, body image issues, friendship issues, and premature and/or non-consensual intimacy are just the tip of the iceberg. In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

Key learning and discussion points include:

- dealing with eye rolls and bad attitude
- why your teenage daughter "hates" you, expects the world and needs to talk
- how we can stay connected to our teenage daughters and keep them motivated
- how to keep our teenage daughters safe and informed without pushing them away
- how to encourage teenage girls to develop strong, healthy relationships and resilience

The webinar will be held on 23 June 2021 at 8–9 PM AEST.

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Articles for parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as resilience, siblings, bullying, digital and social media, friendships, confidence, behaviour, anxiety, girls, boys, learning and education.

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