

LIGHTENING THE LOCKDOWN LOAD

A FREE WEBINAR FOR PARENTS IN VICTORIA

Lockdown is hard. It hurts our kids and it's a drain on parents. The first time was tricky. There were challenges. For some, it was horrible. But most of us managed ok and got through it.

This time it's different. The pressure is higher. The demands are greater. The children are more oppositional. The home learning stretch will be longer. There's work stress, family stress, and stress about being stressed!

While we can't click our fingers and make it magically disappear, there are real strategies that parents and children can rely on to not just survive, but thrive – even in a far-too-long lockdown. They're simple ideas that you can start on right away.

Join Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shares 4 secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this FREE webinar, you'll:

- ▶ Feel reassured, with less stress and pressure around your kids, their schooling, and life
- ▶ Have concrete strategies you can start on immediately to make your family happier
- ▶ Know how to be on the same page as your partner
- ▶ Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

WEDNESDAY 19 AUGUST | 8.00PM

REGISTER NOW