

CREATING STRESS-PROOF HOMES

An approach to minimise parent/child stress
and enhance relationships

"With anxiety on the rise, (1 in 4 Australians suffer from anxiety), parental expectations, the onslaught of media, school, the demands of a world that seems to be racing on to the next big thing with every passing minute...all this can take a heavy toll. And yet there are some important things we can do in our homes to mitigate the effects of our breathlessly fast-paced society."

Shelley Davidow, author *Raising Stress-Proof Kids*

Drawing on her experience as a parent, teacher, facilitator of Restorative Practice, and on her research with neurocardiologists at the Institute of HeartMath in California, Shelley Davidow looks at practical and empowering tools that can enable parents to sustain positive relationships with their children and support them in their journey to adulthood.

Objectives:

In this workshop, participants will:

- Understand stress and how it affects physiological, emotional and cognitive development
- Reduce personal stress and subsequently children's stress through understanding the role of heart rhythm coherence and its effect on cognition
- Discover empowering restorative tools to manage behaviour
- Create a home environment that minimises stress and builds positive relationships using restorative tools

Details: This workshop will firstly demonstrate, using cutting edge technology from the Institute of HeartMath in the USA and audience volunteers, how our thoughts impact our emotional and physiological state. The workshop will then provide a framework for approaching behaviour issues at home and include practical insights and tools that parents can use to create the stress-proof home, develop resilience in children which then gives them the capacity to deal with stress when it comes their way.

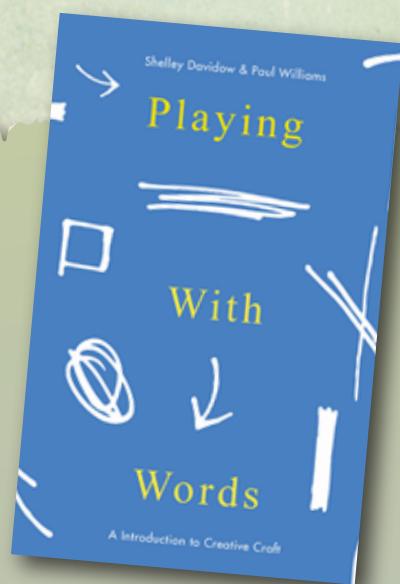
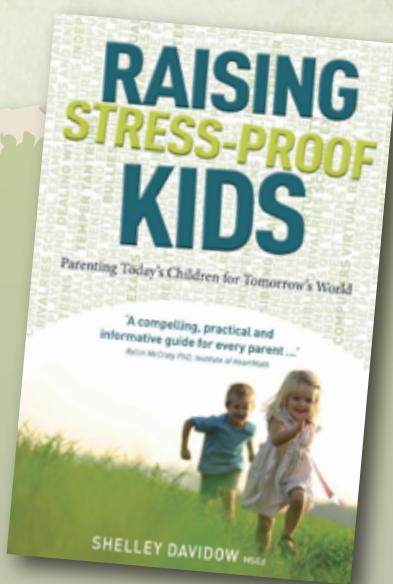
Brief Bio:

Dr Shelley Davidow is originally from South Africa. She holds a Masters in Education and a Doctorate in Creative Arts. An award-winning author of 41 books, she writes across genres. Her work includes children's fiction, young adult fiction, and a range of non-fiction texts including the internationally acclaimed *Raising Stress-Proof Kids*, (Exisle Publishing, Australia, UK, 2014), her biographical memoir *Whisperings in the Blood* (University of Queensland Press, 2016) and *Playing with Words-an introduction to Creative Writing Craft* (Palgrave Macmillan, UK, 2016).



She has been a teacher for the past twenty years and is a trained facilitator in Restorative Practice. She runs workshops internationally and currently teaches into the post-graduate programs in the departments of Education and Creative Writing at the University of the Sunshine Coast in Queensland Australia.

For more information see www.shelleydavidow.com



Testimonials from recent workshops:

What did you learn through this presentation that will help you in your role as a parent/caregiver or professional?

- Taking the few moments in stressful situations to take a step back and not be reactive
- To deal with stressful situations more efficiently
- To stop and think more (Dad)
- How stress affects your body in various ways (Dad)
- The importance of role modelling emotional intelligence and empathy and a non-threatening way to resolve conflict
- Different ideas how we as a family can cultivate and attitude of gratitude
- To look at myself change and educate my kids (Dad)
- How to deal with difficult situations with young children

What will you differently as a result of what you learnt?

- Slow down, try not to be reactive
- Stop the blame game
- More consistency in dealing with the situations that come up. De-escalating the problems, not winding up with the kids (Dad)
- Try not to panic when things spontaneously change. When feeling anxious remember to breathe. Practise breathing before you start each day.
- Have a gratitude mindset (Dad)
- I love how you say to gather both children into your arms so they feel safe, yet are face to face, to talk through what has happened and how to restore it
- Approach conflicts with a healing mindset and being aware of everyone in the situation

Workshop participant comments:

- Thank you Shelley. Really good stuff and your approach and way you presented stuff and shared your story really helped
- Wonderful, calm beautiful lady
- Thank you it was a great workshop