Dear Parents,

Last Wednesday our Year 1 – 4 students participated in the Ash Wednesday liturgy where we celebrated the beginning of the Season of Lent. Lent is a time of reflection and preparation as we look forward to celebrating the Resurrection of Jesus in our lives, this can be done through prayer, fasting and alms giving. Fr. Thang showed us the ashes and as he made the sign of the cross with the ash on our foreheads he reminded us to allow Jesus in our lives. Father told us that there are times when we may need to make a U-turn and try again. We can do this by saying ‘sorry’ or showing forgiveness and trying again. At this liturgy Alex and Imogen also helped us to reflect on the meaning of ‘alms giving’ through a role play. By giving alms we show our commitment to justice and take action to make life better for others. Our students have been hearing about the work of Caritas Australia whose major fundraising for the year is through Project Compassion. The theme for the campaign this year is ‘Food for Life’. Caritas Australia is empowering the world’s poorest people to establish sustainable food sources for life. Project Compassion boxes are in all classrooms during this season of Lent.

We pray,

that during this time of Lent we will listen to Pope Francis’ call for ‘justice, fairness and respect for every human being’:

Help us to work together to ensure that all people share in the fruits of the earth.
Give us the wisdom to see Lent as an opportunity to act to end poverty so that all people may live their lives with justice and dignity.

We make this prayer in Jesus name.
Amen

Year 5/6 Educational Tour of Canberra

Our Year 5/6 students and staff arrived back home on Friday afternoon after spending 4 very busy, educational and fun filled days in Australia’s capital city, Canberra. During their time in Canberra they visited the Australian War Memorial, Parliament House, the Electoral Education Centre and old Parliament house, the National Museum and National Portrait Gallery, the High Court, Australian Institute of Sport, Questacon and even had a bike ride around Lake Burley Griffin. Throughout the tours the students had an opportunity to participate in role plays, interactive activities, listen to stories and participate in the Last Post Ceremony at the Australian War Memorial.

It was wonderful to follow the students and staff experience of Canberra through Updates on Tiqibiz and the Canberra2015 blog. Thank you to Rachel Welsh who ensured these two tools were kept up to date throughout the tour. It was also fantastic to have parents and students at school sending messages through the blog too. If you are interested in viewing the Canberra 2015 blog please go to http://canberra2015.global2.vic.edu.au/

The staff were very proud of the students throughout the tour and received many compliments about this group during their time in Canberra.

It is a huge commitment to take children away from home for four days and we appreciate the trust that parents put in staff. The staff take their role seriously and always put the care of the students first. An experience such as this cannot happen without the dedication and commitment from the whole staff. To Brian, Jane, Rachel and Wilma thank you on behalf of our whole school community for the preparation you put into this experience, for the care and guidance shown to the children and for ensuring that this was such a special time for all involved. Thank you also to the staff back at school that supported this experience too in so many ways. I feel very blessed to work with such a committed and dedicated group of teachers who work together to support each student at Mother of God.
Catholic Parish of Ivanhoe Review – going home with this newsletter is a copy of the powerpoint which was presented to the Parish over the past few weekends for your perusal. The Review committee is inviting 2 parents from each of our Parish schools to join this committee as it moves into the next stage of this review. It is very important that our parents have a voice and are active members of this committee. If you are interested in being our parent representative on this committee please let Louise know as soon as possible.

Student Led Assembly (every second Thursday, Marian Centre at 2:45pm)
Congratulations to Mikaela, Monique, Ashleigh, Christian and Francis who planned and led our assembly last Thursday whilst our student leadership team were at the Canberra Tour. They led the assembly with such confidence and enthusiasm. During the assembly Year 1/2 S shared their learning about the life of a butterfly. Our assembly is held every second Thursday in the Marian Centre. It is led by our students and is an opportunity to share our learning, celebrate birthdays and acknowledge achievements.

Parents are very welcome to come to our student led assemblies which are held every second Thursday at 2:45pm in the Marian Centre.

Staff Professional Learning
The staff at Mother of God is committed to ongoing learning to ensure that we continue to improve our teaching practice which is informed by current research and best practice and meets the needs of our students. This learning is part of our everyday work and occurs at school informally and formally through our Professional Learning Meetings which occurs during our release times and on Tuesday and Wednesday afternoons when the staff meet between 3:45 and 5:00pm. The School Leadership Team (Louise, Brian, Miranda and Jane) also meet on a Monday afternoon.

There are also times when staff on a regular basis are required to attend Professional Network Meetings which supports them in their various roles.

Some examples are:
This week Vicki Gualano will be attending the Reading Recovery Network and last Friday I was at our Principal Network.
Rebecca Hoolohan and I attended a PL day on Occupation Health and Safety on Tuesday which gave us insight into updated resources to ensure that we can work as a team with Brian Anderson our Occupational Health and Safety Officer to update our practices across the school in this area.
Jacinta Harwood, Hayley Sims and Annie Opasinis will be attending the first of a 4 day PL activity for Expert Teachers in Mathematics Foundation to Year 4 next Tuesday 3 March. These 4 days will be held across the year.

Parent/Student/Teacher Discussions
Are to be held next Wednesday 4 March from 1:30pm to 8pm. Parents can book an interview time through School Interviews Online which can be accessed through our school website. Please see the instructions in this newsletter. Parents are also invited to share information re: their occupation, place of work, special interests and talents. We will use this information to make a parent directory so that we may be able to access the expertise of our parent community at times when it may enhance our learning experiences at school.

Drop Off and Pick Up
We ask all parents and those people who pick up and drop off students at school be mindful of the road laws to ensure the safety of all at these times. Banyule Council will be having traffic officers in the area at these times and fines will occur. We ask parents to show courtesy by ensuring that the area directly outside school is a drop off, pick up area only. Please also be mindful of pedestrian congestion around the gate area as it is the gate where we have all students and parents leaving the school. The drive way in the parking area is also not a drop off and pick up zone, please ensure that you have parked your car legally before your children get out or into the car. Driveways of neighbouring properties are also not parking zones; please ensure that you are not blocking driveways when you are parking. Foodworks car park is also only for customers. By ensuring that we all show courtesy at these times we will continue to maintain and build positive relationships with all in our community.

Stairs and Ramps
At school we ask that all students use the ramp instead of the stairs when they are entering or leaving the school through the front office. This practice is in place to avoid trips or falls on the stairs. We would appreciate it if all parents could support this practice and ask your school aged children to use the ramp.

Arriving at school on time
It is very important that all students are at school on time. The school gate is open from 8:30am when a teacher is on yard duty. Students make their way into class at 8.50am when the roll is taken and everybody prepares to begin lessons by 9am. Arriving late at school can be quite unsettling for the person who is late as their classmates have already begun the day, had a chance to say hello to each other, unpack their bags and settle into the day. The late arrival can also inadvertently be a distraction for the class that he or she may be entering. If your child is late to school please take them to the office and we will take them to their classroom.

Open Days
During the months of March, April and May we will be holding open days for prospective families. Appointments can be made outside the open days for tours of the school. This can be done through contacting Rebecca at the office. Enrolments are open for 2016. If you have a child who will be beginning school in 2016 please collect an enrolment form from the office.
Dates for Diary:
**Twilight Sports**
Thursday 26 March 3:00pm – 7:30pm at Chelsworth Park
This is our annual sports event. Parents are invited to come along bring picnic rugs, chairs and a picnic tea. A bbq tea will be available for students and parents will be able to purchase food from the barbecue too.
Students will be dismissed at 1:00pm so staff can set up for the activities.

**Performing Arts**
Across term 2 all students will have the opportunity to develop their Circus Skills with the support of Little Devils Circus. A date to keep in your diary is Thursday 18 June when we will have an evening performance at Our Lady of Mercy College, Heidelberg.

**Sacrament Dates**
**Reconciliation:** Tuesday 24 March at 11.45 at MOG Church
**First Eucharist Sunday:** (please note change of date) Sunday 11 October at 10.30am at MOG Church
**Confirmation:** Sunday 31 May at 2.30pm at St Patrick’s Cathedral.

**School Closure Dates 2015**
Monday 13 April
Thursday 4 and Friday 5 June
Monday 2 November
Friday 27 November

**Parenting Ideas**
Attached to the newsletter is another article from Michael Grose 10 Golden Rules for Parenting. We will also put this article on our school website.

Louise McGrath
Principal

**RE NEWS**
**Lent**
Continuing on from Louise’s thoughts on Lent we very much think about the idea of turning back to God during this season. Often when we think about Lent we may have a feeling of the ‘Old Catholic Guilt!’ With the children we very much think about this as a time of RECONCILIATION and this is a joyous celebration.

In the scriptures there are three parables in the Gospel of Luke of The Lost Sheep, The Lost Coin and The Lost Son. In each of these parables the theme moves from being lost to the more important theme of being found and rejoicing. This is what we are focussing on with the children as we focus on the idea of Reconciliation and that our God is a Loving God.

**Reconciliation**
To our parents of year three students the Sacrament of Reconciliation is on Tuesday 24 March at 11:45am. It means a lot to the students if at least one family member can be present on the day. Your role is to walk your child to Fr Thang and introduce him/her at the commencement of the ceremony.

A family night for children and parents to attend about the Sacrament of Eucharist will be held on Wednesday 11 March in the Marian centre at 6:30pm. Denise Arnel will lead a discussion with parents and children from the Catholic Parish of Ivanhoe so there will be approximately 80 children with their parents present. Denise is highly sought after by schools to lead these evenings as she has an insightful and contemporary enthusiasm for the Church. This is a great night to build up your own understanding of the Eucharist Sacrament in today’s world. The session will conclude at around 7:30 but we are offering the chance for parents and children to stay and mingle with the other parents as a way of building connections between the parents and children. Many of these children will meet up at secondary schools they will attend in the future.

If you have any questions about the sacrament please contact me at school. If other parents are interested in coming along to hear Denise Arnel you are also most welcome to join us.

**Class Masses**
March 3 – 1/2S
March 10 – 4/5W
March 17 – 5/6G
March 24 – 3/4O Whole School Holy Week

**Family Masses** – families are invited to attend this Parish Mass to celebrate with your community and build relationships with each other and our Parish.
Sunday 1 March – Years 3 – 6

**Whole School Mass**
Sunday 15 March – Whole School Mass celebrating Catholic Education.

Thanks
Brian Anderson
LEARNING AND TEACHING NEWS
Our parent helper training sessions have begun and it has been wonderful seeing many new faces who are interested in helping out in the classroom. For parents who have been part of the parent training session and have a current working with children check, our parent helpers in classrooms will begin: Tuesday 10th March. Please fill out the slip below and return it to school. A timetable will be forwarded to you shortly. This will be for term one only.

<table>
<thead>
<tr>
<th>Parent name:</th>
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<tbody>
<tr>
<td>Classroom/s available to work in:</td>
</tr>
<tr>
<td>Day/dates:</td>
</tr>
<tr>
<td>Time: 9-10am 10-11am other:</td>
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</tbody>
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Please feel free to contact me if you have any questions.
Miranda Montalti
Learning and Teaching Leader

Sharing our Learning.....3/4O & 4/5W
We would like to extend the invitation to parents in 3/4O and 4/5W to come and be a part of learning in our classrooms. The students are currently working on putting together small 'kids teaching kids' sessions. These presentations are based on our current inquiry 'Building Our Community.' The details are as follows:
Date: Friday March 6
Time: 2:30pm
We hope you are available to come.
Rachel Welsh 4/5W
Annie Opasinis 3/4O

SPORTS NEWS
Yesterday 18 of our students competed in the Ivanhoe District Swimming Carnival. All children should be proud of their efforts in having a go on the day. Thankyou to all parents who assisted with transport to and from the venue.

INTERSCHOOL SPORT
This week we play an away game at Alphington Grammar School. Bat tennis and Softball are played at the school. Cricket will be played at Hayes Park, Thornbury PLEASE NOTE the change of venue to that stated on the fixture.

SCHOOL PHOTOS (Arthur Reed Photos)
School Photo Day is on Thursday 12 March. All students are to wear their summer uniform not sports uniform. Year 1 and 2 students can bring their runners to change into for sport.
Order forms have been sent home today and family order envelopes for two or more children are available from the office.
Please ensure that correct money (change cannot be given) is placed inside the eldest child’s envelope and returned to school on photo day. Orders can also be made online now and up to 10 days after school photo day.
The envelope containing correct money will be handed to the photographer by the class teacher on the day.
Thankyou

UNIFORM SHOP
The uniform shop will be open next Thursday 5 March from 8.45. Second hand uniforms are also available.
Uniform order forms are available at the office, if paid in full items will be sent home via the tote system.
Thankyou Lisa
**STUDENT OF THE WEEK**

**Prep** – Claire for remembering how to walk in the corridor respecting other people’s learning. Well done!

Findley for trying so hard with his testing. Well done!

**1/2S** – Sam for showing kindness and compassion to all in the class. Well done!!

Lara for her fantastic recount about Ash Wednesday. Well done!

**1/2HM** – Anouk for being a helpful and respectful member of 1/2HM. We love hearing all your fantastic ideas. You are a star!

Giselle for her focused approach to all tasks and her excellent role model skills.

**3/4O** – Mikaela for displaying excellent leadership skills and being a role model to her peers.

Max for always approaching each day with a positive attitude and a smile.

**4/5W** – Christian for asking interesting questions on the community walk.

Isla for her determined approach to learning tasks.

**5/6G** – James for his exemplary leadership during the Canberra Education Tour.

Gabrielle for her positive and enthusiastic approach to school life.

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**MOG Parent Representative Council**

The Parent Representative Council met for the first time on Wednesday 25 February. The members of the PRC for 2015 are: Diane Lepore, Jane Mancini, Rita Bresciano, Kristina Murray-Hally, Stephanie Monardo, Kathrine Vago, Clare Kelly, Brian Anderson (teacher representative) and Louise McGrath (Principal). Danny Pellegrino is also the Parent Representative who is providing advice to the school re: maintenance and will be coordinating school working bees across the year.

The PRC will meet twice each term to discuss how we can best support the students, teachers and parents at Mother of God.

As a group we would firstly like to welcome all the new parents to Mother of God. Whether these parents are part of our Prep group or new to the school in the higher levels we would hope that they feel comfortable to ask questions, seek support when necessary and ultimately feel that they belong to the community of Mother of God. One of the PRC’s goals is to continue to develop partnerships between the school, parents and the wider community. Our aim is to encourage an active parent voice within a vibrant, supportive community and Parish.

As a new parent to the community not so long ago I am aware of how daunting this feeling can be. As members of the PRC our photos will be displayed in the foyer so you can put a name to a face. We are happy for you to come and ask questions, or if you have any ideas that you wish to share please contact one of the PRC members. A member from the PRC will also be sharing our discussions/deliberations in a short reflection in the newsletter twice a term.

We would also like to say thank you to those parents who have volunteered to be Classroom Parent Representatives. These people work closely with the classroom teacher to support teachers at Class Masses, celebrate special class events and help to build positive relationships amongst families at their year level. We still have some classes who need Class Parent Representatives. If you are interested please let Rebecca know at the office.

Class Parent Representatives

**Prep** Rosemary Hodgson and Suzie Mihovil

Year1/2 HM Nicole Di Ciero

Year 1/2 S Danielle Renner and Noelle Darcy

Year 3/4 O

Year 4/5 W

Year 5/6 G

The PRC looks forward to a year that celebrates the learning opportunities and success of our students and sharing this with the community of Mother of God - our Parish members, parents, students and staff.

Clare Kelly
PRC Member
Class School Representatives

Type of work: Voluntary Work - nominated role by class parents

MOG Climate/Context

At MOG teachers, parents and students work in partnership, supporting each other to achieve excellent learning outcomes....

How to nominate:
At commencement of each school year, students from each class will be provided with a form inviting parents to nominate for the role.

A member of the PRC will contact the nominee (the parent) and provide a briefing session with all nominated Class Representatives at the start of the school year.

Prep parents will have a Class Representative appointed from a current parent in Term 4 of the year before they enter school. This is to assist them in the transition period. During term one another Class Representative will be appointed for the Prep Class to support this parent.

The Role:
The role of Class Representative is to provide a link between the class room teacher, the parents of the school and the Parent Representative Committee (PRC).

The Class Representatives are responsible for the communication of class activities in particular to special events, class mass and any other activities as directed by the designated class room teacher.

The aim of the role is to build communication, support and engage parents at the class level by ensuring that parents are kept up to date with learning opportunities.

Responsibilities:
- Communicate and distribute information to all class room parents as advised by the class room teacher for example, a text reminder of class mass.
- Promote awareness of school fund raising events by encouraging and supporting participation and attendance.
- Provide input and feedback to PRC and MOG leadership group.
- Act as the first point of contact for fund raising activities as co-ordinated by the PRC.
- Arrange and co-ordinate morning tea for class mass.
- Organise a social event for parents at the level group with other class representatives – Prep/Junior, Middle and Senior School.
- Attend a catch up meeting at the beginning of the term with all Class representatives and the PRC Representative.

Classroom Representative Reply Slip
I am happy to volunteer for classroom representative.

Name___________________________ Class__________

Contact number________________________
The Marcellin Eagles Basketball Club forms part of the Eastern District Junior Basketball Association (EDJBA). We are a family orientated club that looks to develop its players, with both Girls and Boys teams from under 8’s to under 20’s. With just over 30 teams we pride ourselves on knowing and developing the individual within a friendly team environment. Courts are at Marcellin College, 160 Bulleen Road, Bulleen. Training nights are Monday and Thursday. Register now on-line at http://www.marcellineagles.basketball.net.au

Winter Season 2015 starts Saturday 18th April, 2015

Early Bird Registration Fee (19th Feb - 2nd March 2015)
$100.00 1st Child
$70.00 2nd Child
$45.00 3rd and subsequent children

Regular Registration Fee (2nd - 10th March 2015)
$110.00 1st child
$80.00 2nd child
$55.00 3rd and subsequent children

Registration closes 10th March 2015.

Note: Registrations made on or after 10th March MAY be accepted at the discretion of Co-ordinators to balance team numbers (placement in a team is not guaranteed).

Endorsed by Kylie Coen President MEBC
IVANHOE CITY IS NOW RECRUITING!!!

IVANHOE CITY WILL BE IVANHOE’S NEW TEAM IN 2015. LOCATED IN THE HEART OF IVANHOE, THE CLUB IS NOW RECRUITING BOYS & GIRLS OF ALL AGES & ABILITIES TO BE PART OF IVANHOE’S COMMUNITY SOCCER CLUB!

REGISTER YOUR INTEREST TODAY!

Go to
ivanhoecitysaints@hotmail.com

FFV Accredited Club
All ages & abilities
Girls & Boys
FFV Accredited Coaches
Fun & family friendly
Affordable registration fees
Mini Roos Programs

Club Supplied Kit included with Registration Fees

<table>
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<th>Soccer Bag</th>
<th>Spray Jacket</th>
<th>Playing &amp; Training Kits</th>
<th>Shorts, Socks</th>
<th>Soccer Ball</th>
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NIRODAH COUNSELLING SERVICE AT Mother of God Primary School

Mother of God Primary school uses a counselling service provided by NIRODAH. NIRODAH’s primary goal is to provide exemplary services and training to enhance the physical, social and emotional health of people in our community.

NIRODAH’s ADVANCE Program provides an easily accessible service to the community by utilising the Medicare Mental Health Rebate System to place psychologists/social workers into schools and provide a service that is can be accessed by all members of the school community.

With a referral from a GP, psychiatrist or pediatrician stating a Mental Health Plan in place, a client will have access up to ten individual sessions per calendar year through Medicare. Group sessions are also available.

This is at no cost to the family.

NIRODAH offers counselling for individuals with a range of presenting issues such as depression, anxiety, grief/loss, social skills, sleeping difficulties, trauma and many more. The service provides significant benefits to the school and its community:

- School setting is a safe environment for students to access psychological services
- Little disruption to school attendance as the sessions are timetabled within the school day
- Qualified and experienced psychologist or social worker(s)
- Behavioural and emotional issues within the school are targeted with professional guidance
- Commitment to provide communication with the referring doctor, client and/or guardian and school staff
- No travel and time issues for parents

Rebecca McNair who will be working in this school weekly, is a very experienced psychologist and an associate member of the Australian Psychological Society. She has extensive experience providing counselling services to a broad client group including children, adults and those with special needs.

Other programs that NIRODAH offer include the Respect Ambassador Program (Primary & Secondary) and Be the Hero (Secondary) which aim to educate staff, students and parents about the factors that motivate violent behaviours.

NIRODAH also are facilitators for White Ribbon’s “Breaking the Silence” school based program.

To access this service contact your Principal Louise McGrath or Student Well Being Leader Jane Gough. Also check the website www.NIRODAH.com
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (over 30% are now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this, including fear of being judged a poor parent, that parenting is expected to be hard and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘spare’ into your child’s life. Start by working closely with your child’s teacher; a natural ally.

3. Build confidence
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fear, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaching, counseling and cajoling parents need to lay a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiety and fear.

4. Aim for redundancy
   The great irony of modern parenting is that as families have shrunken parents actually do more, rather than less, for their kids. There are many reasons for this, including lack of time to teach, it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids.

5. New ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinent! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2


parentingideas.com.au
Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other empathy and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues, challenges with teachers and academic challenges themselves.

Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as neglectful. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of public opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk, that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work; how emotions can be recognised, how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Michael Grose