



Help Your Post-Primary Child Thrive: Building Healthy Friendships!

As parents, we all want our young people to form lasting, healthy relationships. It's a skill that not only benefits them during childhood but throughout their lives. However, navigating friendships can sometimes be challenging for them, and knowing how to support them effectively isn't always clear.

Join our free virtual training series for parents of Post-Primary Children, "Supporting Your Child to Build Healthy Friendships and Relationships," an informative session designed to equip you with the tools and insights necessary to guide your young person through the complexities of friendships and social interactions.

Event Details:

Dates:

- Monday 11th May: 10am and 7.30pm
- Thursday 14th of May: 10am and 7.30pm
- Friday, 15th May: 10am

Location: Online via Zoom

Cost: Free

Session Highlights:

- Understand what makes a healthy friendship and why it's important.
- Learn to identify signs of unhealthy relationships to better guide your young person.
- Gain practical communication strategies that your young person can use.
- Discover ways to foster positive social skills in your young person.

How to Register: Spots are limited, and we encourage you to register early to secure your place. Simply click on the link below and choose the session that best fits your schedule.

[Register Now](#)

Looking Ahead: This training series is just the beginning! Stay tuned for Parts 2 and 3 of our series, where we will delve deeper into active listening skills and integrating meaningful conversations into your daily interactions with your young person.

- **Part 2: Enhancing Communication through Active Listening** (Week starting 18th May)
- **Part 3: Making 'The Big Talk' Many Small Talks** (Week starting 25th May)

These follow-up sessions are designed to build on what you learn here, providing a comprehensive toolkit for supporting your young persons relational development.

[Part 2](#)

[Part 3](#)

Don't miss this opportunity to play a proactive role in your young persons social development. We look forward to seeing you there and sharing valuable strategies that will help your child build and maintain positive relationships.

Please also find below some links which you may find helpful on this topic.

Making the 'Big Talk' many small talks: For parents of 13 - 18 year olds

<https://www.healthpromotion.ie/media/documents/HCP01450.pdf>

<https://ncca.ie/en/resources/sphe-presentation-for-parents-and-guardians/>

Warm regards, National Parents Council