

EQ PARENTING: BUILDING RESILIENCE IN KIDS

LIFE STRATEGIES FOR DEALING WITH BULLIES
SIBLINGS WITHOUT RIVALRY
HOW TO RAISE KIDS WITH DIFFERENT BIRTH ORDER

EQ父母班:
建立孩子受傷害的免疫力及復原力
應對欺凌的策略
發展和諧的手足情
如何撫養不同出生順序的孩子



PART 1: Life strategies for dealing with bullies 應對欺凌的策略

1. Four types of bully: Physical, verbal, relationship and cyber bully
2. Do's and Don'ts of reacting to a bully
3. Set up an Anti-Bully Pledge for parents
4. Ten super ways to stand up to bullying
5. How to forgive a bully

PART 2: Siblings without Rivalry 發展和諧的手足情


1. How do parents intervene helpfully when the kids fight
2. How to step in so parents can step out
3. More ways to encourage good feelings between siblings
4. How to hold a family meeting

PART 3: Raise kid with different birth order 如何撫養不同出生順序的孩子

How to avoid bad habits and develop good character for:

1. Eldest child
2. Middle child
3. Last child
4. Single child

如果你希望孩子有受傷害的免疫力，
請不要錯過這一個珍貴的課程

7:30-9:30pm		Tuesday nights
Fee: \$397 Tax Included (14 sessions)		Early Bird Discount: \$386 register and pay before Dec 12, 2023
Location: Online via Google Meet		

Refunds or transfers prior to the start of the class are subject to a \$30 processing fee, no refunds will be accepted after the start of the class, and tuition cannot be transferred to another person.



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