

# Online Resilience Course for Parents

Helping Children Thrive at Home



The charity, [Bounce Forward](#) are holding regular sessions for parents to build vital skills to help their children be more resilient during this uncertain time. Each hour-long session will be hosted by [Lucy Bailey](#) - Chief Executive Officer & Co-founder of Bounce Forward, with the content based on the science of resilience.

## Session Topics

Session 1: Introduction to resilient parenting

Session 2: Optimism during uncertainty

Session 3: Developing mental muscle

Session 4: Compassionate communication

Session 5: Mindsets and energy

Session 6: Parenting to strengths

The first session is **free**, with the next five available at a nominal fee of £10 to support the charity.

**>> REGISTER HERE <<**

**Details:** 10am to 11am - Friday 3<sup>rd</sup> April 2020

10am to 11am - Monday 6<sup>th</sup> April 2020

[Lord David Triesman](#) – Trustee, *“As a parent myself, I know that this is a particularly difficult time for parents and that many are worried about the impact that school closures and social isolation could have on the wellbeing of not only their children but the whole family. But it's how we react that matters most. As a society, we need to build vital skills and develop the critical factors which make someone resilient and helps them thrive during this new world/lockdown period.”*

## About Bounce Forward

<https://bounceforward.com/>

Bounce Forward is a national charity that delivers inspiring and practical training programmes to support young people to reach their full potential in life. The charity believes that teaching resilience skills should sit alongside academic lessons and have spent 13 years working directly with schools and delivering research to evidence what they do.

## Core principles

- Resilience is not just about overcoming setbacks; it's also about making the most of opportunities
- We base our approach and training on solid research, theory and evidence
- We teach skills and strategies that work in the real world
- The adults matter: their role is vital in helping children and young people be resilient and thrive