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Reaching In Reaching Out (RIRO): Building Resilience in Young Children and the professionals who support them

**22nd-23rd February 2018 at the
Michael Palin Centre (9.15am – 4.45pm)**

Course Aims

This 2-day workshop is designed to reach young children under the age of eight years of age. It equips professionals working in early education and healthcare settings, with the knowledge and skills they need to model and teach resilience approaches to young children.

RIRO skills training lays a strong foundation of thinking and coping skills that support resilience in the adults who care for and work with young children.

RIRO teaches '3 Rs of Resilience' – skills to help *Relax*, *Reflect* and *Respond* effectively to life's challenges.

This evidence-based program gives professionals the skills and theory to create a "culture of resilience" and to build critical resiliency skills in young children, using child-friendly approaches.

Course Content

Day 1: Adult Skills Training (helping adults to build their own foundation of the critical abilities for resilience, that they can model with children and families):

- Identifying and strengthening critical abilities associated with resilience
- Using strategies to stay calm and focused in stressful times
- Identifying how thoughts can affect our ability to cope with stress and challenges
- Challenging thinking habits that hinder resilience
- Generating alternative ways to handle conflict, problems and stress.

Day 2: Child Applications (applying the above skills with children)

- Adult skills overview
- Stress and resilience in children (research overview)
- Modelling resiliency skills to foster resilience in children
- Using child-friendly approaches to promote 7 critical resilience abilities

This workshop is open to all professionals working with children under 8 years old, in a healthcare or education setting.

For more information about the Reaching In Reaching Out programme, please visit:

<http://www.reachinginreachingout.com/index.htm>