

Landsdale Primary School P&C presents....

# The Importance of Calmness, Silence and Stillness in Children's Lives

with Maggie Dent



It is so challenging for modern parents to create calmness, silence and stillness in their homes but this is an important and inspirational life resilience skill for children and adolescents to develop. In this seminar, you will learn about the main causes of stress, anxiety and disruptive behaviour and what you can do to prevent it. Maggie will explore how to calm hyperactive children, how to change emotional states and what are the best ways to maximise the brain's capacity to learn in a safe environment. Calmness can be learned! This seminar explores cognitive and emotional benefits and is full of practical tips to bring the magic into your home.

**Venue:** Ashdale Secondary College Theatre, 75 Westport Parade, Darch

**Date:** Wednesday 5th April 2017

**Time:** 7pm to 9pm

**Cost:** \$15.00

**Inquiries:** [melhyde@live.com.au](mailto:melhyde@live.com.au)

**Bookings:** [www.trybooking.com/OSYB](http://www.trybooking.com/OSYB) Event Password: LANDSDALE



LANDSDALE PRIMARY SCHOOL P & C ASSOCIATION

[www.maggiedent.com](http://www.maggiedent.com)

**Maggie Dent**  
*quietly improving lives*