



# YCDI! Positive Parent Program (online) Annual School Membership

Positive Parents | Effective Parents | Positive Children



**You Can Do It!**  
Education  
SCHOOLS | PARENTS | WORK

[youcandoiteducation.com.au/parents](http://youcandoiteducation.com.au/parents)

# School membership now available!

Based on the latest international research on parent effectiveness and the field of positive psychology, a new online, elearning parent education program has just been launched.

## Positive education for parents

As a school leader, you have watched the rise of 'challenges' in today's generation of students. You have seen high levels of anxiety, low levels of resilience, less independence in learning and greater reliance on adults to solve problems.

Research shows parent anxiety is at an all-time high. Parents are assuming greater responsibility for protecting their children and solving their problems.

### School-home benefits

- Strong connections between your school and your parent community
- Opportunities to bring parents and staff together in a positive dialogue
- Valuable social and emotional learning at home
- Practical tools to help parents manage the stress of modern parenting

What can your school do to engage and help support your parents?

What can be done to help parents to be calmer and more knowledgeable about how to raise their children to be confident, resilient and more independent?

This online positive parent education program is a partner program to the highly successful You Can Do It (YCDI) Education program, used in thousands of Australian and overseas schools. More than one million students have benefited from YCDI Education, and now it's their parents' turn.

YCDI Parents uses evidence-based, international research from the fields of positive psychology and parenting to show parents how they can maximise their children's success and wellbeing.



Equipped with this knowledge and skills, your parents can contribute even more to helping their children achieve to the best of their ability and to experience high levels of well-being. Modular and mobile-friendly, YCDI Parents makes it easy for busy parents to learn at their own pace.



Developed by Professor Michael E. Bernard, international authority on parenting, Melbourne Graduate School of Education, University of Melbourne, Founder of You Can Do It! Education and Patricia Bernard, author and expert on parenting.



# Annual School Membership: Programs for Parents (and their children)

When your school signs up for an Annual School Membership, all families and each staff member will receive a school login that will enable them access to all of the programs listed below.

## Annual School Membership - Only \$5.00 per family

- Cost to school is \$5/family multiplied by the total number of your families (price includes GST)
- Schools can incorporate cost in annual school fees or from school budget
- Membership may be funded by P&F, P&C or School Council.

## Parent - Elearning Programs

Short and informative programs on positive and effective parenting.

### Stress relief for parents

Powerful technique for managing stress used by thousands.

### Strengths of highly effective parents

1 hr presentation plus handout.

### Teaching children choices in the way they think

Negative to positive.

### Compass Program: How to help children improve their reading

1 hr video plus guide.

### The power of parent self-talk

Learn how to use it effectively.

### The authoritative parent

The importance of being firm, yet kind.

### To spank or not to spank

Lessons children learn.

### Keys to children's success and happiness

1 hr presentation plus handout.

### Flourishing Tree

Fun and empowering actions to help children thrive.

### "I accept myself no matter what"

The important message that protects children.

### Teaching toddlers positive behaviour

The power of positive reinforcement.

### Homework

Helping parents to motivate their child to do homework.

### Family meeting:

The keys to children having a great school year.

### YCDI parent survey:

Discover your strengths and areas for improvement.

### Teaching children self-discipline

Building children's frustration tolerance.

#### Positive Parents

How to be a positive role model, manage stress and enjoy parenting.

#### Effective Parents

Skills for effective discipline, motivation and relationship building.

#### Positive Children

How to develop children's resilience, confidence, persistence, organisation, getting along skills, and positive attitudes.

## Parent - Insight Articles

Downloadable articles that present information on important parenting topics.

- What does it mean to be a parent?
- Responsive parenting
- Babies and crying
- Temperament and childhood behaviour
- From nurturance to setting limits
- Childhood social and emotional development
- Development of social and emotional strengths
- Steps to parents managing stress
- Become a happy, flourishing parent
- Parenting strengths that make a difference
- Children's Positive Habits of the Mind
- Five keys that unlock children's potential
- Flourishing Menu: Daily actions
- The two-way conversation: How to talk and listen
- Namby-pamby kids, highly-anxious parents
- Effective parenting in a digital world

## Child and Adolescent - Elearning Programs

Motivational, confidence and resilience building programs children and adolescents can listen to or view on a mobile phone, tablet or computer.

### The YCDI Motivational Audio Elearning Series

Eight inspirational and informative 15–20 mins audio programs

- Boosting your confidence
- Motivating yourself
- Developing self-acceptance
- Setting and achieving goals
- Managing your time and getting yourself organised
- Controlling exam anxiety and stress
- Making friends and reducing social anxiety
- Managing your anger and behaving assertively

### The YCDI Video Series

- Bullying: The Power to Cope  
4-part animation plus parent guide.



T +61 3 9415 8327 | Toll Free 1800 155 603  
enquiries@youcandoiteducation.com.au  
[youcandoiteducation.com.au/parents](http://youcandoiteducation.com.au/parents)

