



## Experts to visit, hold workshop for parents raising 'difficult' children

PARENTING is not easy - especially if you have a 'difficult' child.

Support is available for Armidale parents, in the form of a workshop, 'Raising Difficult Children', which will be hosted by the Armidale & District Family Day Care (AFDC) and Armidale Out of School Hours Care (AOOSHC).

Newcastle couple, Peter Powell and Brenda Inglis-Powell will run the workshop, drawing on their own experience.

Dr Powell is a registered psychologist and a minister of the Uniting Church in Australia.

Currently the executive director of the Pastoral Counselling Institute, Dr Powell's specialty in learning and behaviour difficulties also arises from his own parenting

experiences.

Mrs Inglis-Powell is the group program coordinator for the Pastoral Counselling Institute and co-author of **Raising Difficult Children**.

The workshop will offer tips for parents having difficulties with their children to help them understand the behaviour patterns and temperament of their child, and identify the reasons behind issues with learning, social interaction and behaviour.

Family Day Care representative Diane Kristensen said the evening would also help parents discover and reinforce their children's positive behaviour, and, for parents struggling with discipline issues, the workshop would offer a range of

'creative discipline routines'.

The workshop is at 7pm, making it accessible for working parents.

"Often these type of seminars are offered during working hours which does not allow many families to access it," Ms Kristensen said.

"We are also keeping cost down to a minimum for families to encourage participation by only asking for a gold coin donation."

The 'Raising Difficult Children' program will be on Monday, but registration is essential and places are expected to fill quickly.

For more information, or to register, phone 6772-5300, or email [afdc@optusnet.com.au](mailto:afdc@optusnet.com.au).

To find out more about the program, visit <http://www.difficultchild.com.au>.