

Friendships

So many of us witness our children struggling with Friendships

It can be heartbreaking to hear what goes on between ‘friends’ and what is said, or done to your child, both in and out of school. Our instinct as parents, is to step in and protect them like a lioness protecting her cubs, but this usually only make matters worse.

Dana from URSTRONG teaches children and parents how to best deal with these tricky friendship challenges. I found out about this wonderful program a couple of years ago and still I can’t speak highly enough of it.

The URSTRONG program has been implemented in schools across Australia and Worldwide. Dana Kerford is the Friendship Expert and Founder of URSTRONG, she provides a program that has a strong theoretical background in social emotional wellbeing and presents it all in a fun, engaging and easy to remember way that will touch the hearts of everyone that attends.

URSTRONG provides brilliant, simple and down to earth programs and evening workshops that share tools, language and strategies, to help children stand up for themselves, create healthier friendships and increase their self-confidence. Children learn that they deserve to have healthy and positive friendships, they also learn how to go about handling tricky friendship situations.

HELPFUL RESOURCES

	<p>URSTRONG teaches children a common language for confidently managing conflict and helps create a culture based on respect and kindness. This unique program empowers boys and girls with the skills and self-confidence to develop healthier relationships. Students learn what’s normal in a friendship, the difference between healthy and unhealthy friendships, and how to stand up for themselves.</p> <p>Find a Workshop near you</p>
	<p>This article is written by a local Sydney parent, reviewing and giving some insights into their experience after attending one of URSTRONG’s parent-child workshops.</p> <p>Read the Article</p>