

# ⏸ Breathe ▶

Parent/Guardian

*Together we can change the landscape...*

Breathe is a programme developed to raise awareness around well-being and positive mental health for young people. It will help to improve the social and emotional lives of students.

The role of the parent/guardian is vital, it is hoped that by attending this workshop, participants will feel better in their role as parents/guardians.

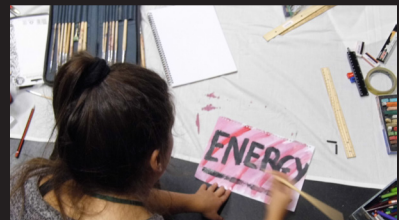
Parents/Guardians can find out more information on their school's dedicated webpage on the 'Breathe' website [www.justbreathe.ie](http://www.justbreathe.ie)

We all lead busy lives, as part of the Breathe workshops we invite you to:

**Pause** Take a moment

**Breathe** Take a deep Breath

**Play** Now move on with more confidence and composure



[justbreathe.ie](http://justbreathe.ie)



@breatheireland

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## During the 'Breathe' workshops...

### Parents/Guardians will:

Learn positive ways of parenting

Improve their listening skills

Enhance communication with their young people

The parents/guardians workshop is interactive and focuses on the struggles young people face in the modern world. Parents/Guardians participate in exercises designed to explore these struggles and discover ways to offer support. Using mind mapping, the parents/guardians will look at intellectual, emotional and individual struggles faced by young people. The workshop concludes with an introduction to the T.I.M.E method of parenting. T.I.M.E. stands for Talking, Informing, Monitoring and Encouraging. These four core ideas are highlighted and parents/guardians will have the opportunity to engage with one another, while discussing this method.

For more information

**Visit:** [justbreathe.ie](http://justbreathe.ie)

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