**Seminar Hosted by leading Psychologist Shane Martin**

**Topic: Our Children’s Wellbeing**

**Wednesday 12th December 2018**

**6.30pm**

**Coláiste Chill Mhantáin**

**All Parents Of Wicklow welcome**

‘A Happy Child: What Role Can We as Parents Play’

As parents, we all want our children to be happy and healthy; but sometimes we can feel as though we have little real influence over them. New scientific research reveals that happiness can be cultivated within the home and that parenting styles and practices have a tremendous effect on children’s emotional outlook on life. By promoting some basic positive traits and harnessing their inner strengths, our children can develop a more positive view of self, others and their world. Parenting can be challenging but also a positive and fulfilling experience. In a world where childhood and teenage anxiety is on the rise, it has never been more important to cultivate happiness in our children.

**Shane Martin** will explore some scientifically validated strategies that parents can apply to influence their children in a positive and profound way. Shane is a well renowned clinical psychologist and indeed this is a rare opportunity that he will visit the families of Wicklow to share his professional insights on our children’s wellbeing in a most informative but also very humourous way. This is definitely an opportunity not to be missed.

**Shane Martin C.Psychol., Ps.S.I**