

# Resilience, Independence & Self-Esteem for Young Children with Jo Lange

We now recognise the importance of developing children's social and emotional resilience. The ability to deal with difficult & sensitive issues in a constructive way, coping with challenges and changes and developing a bank of personal emotional strengths are essential to a happy and healthy life.

This presentation focuses on what resilience is, and its close links with children's self-esteem and independence. It also explores how parents can help children develop resilience through encouragement, and enhance children's self-esteem, using everyday problem solving experiences. Through this, children develop a sense of confidence and capability, to tackle the bumpy road of life.

Jo Lange has been an educator of over 30 years. She has worked as an early childhood teacher and primary school teacher, as well as working with 'at risk' young people. Jo has worked for the Early Learning Association Australia (formerly KPAV), Teacher Learning Network, Victoria, & Lady Gowrie Child Centre, and many education unions throughout Australia. Jo's presentations are inspiring and delivered with passion.

**When** 7pm to 9pm, Tuesday 22 July

**Where** Parkview Room next to Camberwell Library,  
340 Camberwell Road, Camberwell

Book by 21 July at [www.resilience-with-jo-lange.eventbrite.com.au](http://www.resilience-with-jo-lange.eventbrite.com.au)

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