

# Parenting well

Parenting is the most challenging and the most beautifully rewarding job in the world.

So, if you experience feelings of inadequacy in your parental role even though you are open to growth, don't worry. You're not alone.

"At Harkaway Hills College, partnering with parents to develop their parenting skills is a priority because the outcomes show up in our students' sense of wholistic wellbeing," Harkaway Hills College Principal Mary Broadsmith said.

The college invests in parents by providing functions specifically tailored for their development each term.

"Our most recent open invitation event held at Bunjil Place explored how couples can aim for an affectionate parenting style complemented by assertiveness," Mrs Broadsmith said.

Chris Tanna, Deputy of Redfield College in Sydney and father of six, drew on his experience working with hundreds of couples and thousands of students. His presentation shed light on how affectionate-assertiveness mindsets and techniques can increase parent's self-awareness and skill development.

"Affectionate parenting is crucial because it provides a solid foundation for assertive parenting," Mr Tanna said.

"Quality time, physical affection, words of affirmation, acts of service and



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gifts are essential for demonstrating love to our children."

Five ways to successfully practice affectionate assertiveness:

- Be confident in your authority and leadership as parents
- Prioritise showing your children affection that comes directly from you not through the things you buy for them
- Commit daily to the challenge of setting boundaries for the use of devices
- Maximise your child's time out of their comfort zone, coupled with affection
- Create a clear set of criteria both parents are aware of and support each other when applying it

**Harkaway Hills College is accepting enrolments for students from Kindergarten to Grade 7 in 2022.**

# Choosing a school

By Danielle Galvin

There are plenty of things about parenthood that you don't get instructions for.

One of them is how to best choose a childcare, kindergarten or school for your child.

Parents before you might tell you that "you'll just know" and "you get a good feeling" when you do a school tour.

Recently, I've toured local primary schools and considered the options for our child, who will be starting Prep in 2022.

It's obvious that you'd think of things like the proximity of the school to your house or support network, the facilities, the teaching staff and whether your child might have a friend or two attending.

Maybe you relate to the school's teaching practices or philosophies.

Or maybe you've heard good things from within the community, which is a pretty powerful thing when it comes to choosing a school.

I found pretty quickly there were a few great options, which made the decision difficult.

It's been a while since I've stepped foot in a primary school and I have to say - they've come a long way in the many years since I attended.

So after some consideration, we made the call and applied to enrol our daughter for Prep in 2022 at a school just out of our zone.

Then I thought I'd check out some of our local high school options - but wasn't that a big mistake.

If I was overwhelmed at the prospect of picking a primary school: I was 100 per cent unprepared for high school.

From private to local state schools, religious institutions and more - there's apparently thousands of dollars worth of difference.

And I really hadn't anticipated when you need to start the enrolment process. One high school suggested you'd need to apply by Grade 5.

There were numerous other requirements for religious institutions, none of which we meet the criteria for.

I have friends whose children are babies and on waitlists for private schools they attended.

I have other friends who've thought about where their child will be educated, and then worked out where to live/buy a house.

And then there's the rest of us who will probably leave it too late and then panic when the time comes.

I think for now I'll file it under "future me's problem".

I also wonder if it's something that you decide as you start to see your child's interests emerge; maybe they're sporty or arty, maybe they're academic.

It gets easier, RIGHT?

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