



LABURNUM PUBLIC SCHOOL

FROM DARKNESS TO LIGHT

CBSE Affiliation No. : 532007 | An ISO 9001:2015 Certified

Circular No: LPS/2023-24/28
Greetings from Laburnum!!

Date: 05th August, 2023

Dear Parent ,

We hope this letter finds you in good health and high spirits. At Laburnum Public School, we firmly believe in fostering a strong partnership between our school and parents to ensure the holistic development of our students. In line with this philosophy, we are delighted to announce a virtual workshop on "Conscious Parenting" to be conducted by our esteemed School Principal, Dr Bhavna Chibber.

Details of the Workshop:

Date: 06/08/2023

Time: 11:00 am – 12:00 noon

Virtual Platform: link- <https://forms.gle/E8Q3NE8DK98fDL3R8>

Speaker: Dr. BhavnaChibber

Workshop Overview:

Conscious parenting is a modern parenting approach that emphasizes self-awareness, empathy, and mindfulness in nurturing the emotional, social, and cognitive growth of children. In this workshop, Principal will share valuable insights, practical tips, and effective strategies to develop a deeper connection with your child, enhance communication, and create a nurturing and supportive environment at home.

Workshop Objectives:

During the workshop, you will learn:

- Understanding the concept of conscious parenting and its benefits.
- Techniques to regulate your own emotions and reactions as a parent.
- Strategies to build strong and positive relationships with your children.
- Effective communication skills to encourage open dialogue and trust.
- Tools to foster emotional intelligence and resilience in your child.
- Practical exercises to implement conscious parenting principles in your daily interactions.
- We believe that this workshop will empower you as parents, enabling you to create a nurturing and loving environment for your children. We encourage all parents and guardians to participate in this enlightening session.

Registration Process:

To register for the workshop, please fill out the online registration form given above. We sincerely hope that you will join us for this insightful workshop. Your active participation will undoubtedly contribute to the overall growth and well-being of your child.

Thank you for your continued support and cooperation in making Laburnum Public School a place where students thrive and reach their full potential.

Regards

Dr. Bhavna Chibber

Principal