

## Dear Parents and Friends

Last week was Catholic Education Week 2024 and the theme for this year was 'In the light of Christ'. Students from Emmanuel College attended the Mass held at St Patrick's Cathedral on Friday 15 March. In addition, we celebrated at the College with the students demonstrating their musical talents with a lunchtime concert on each campus. It is truly wonderful when we can showcase the talents of our students. The concerts were a highlight for all. At SPC, the front office has the extra bonus of some live music to entertain them as they work through the lunchbreak. A member of this team commented on how much they enjoyed this day and concert. It truly lifts the spirits.

On Wednesday last week, the Alumni business breakfast at SPC saw over 100 guests come to the campus to hear our guest speaker Jelena Dokic speak. Aligning with International Women's Day, Jelena's story is one of resilience and success despite adversity. Jelena also provided a small audience with a group of student leaders, providing the opportunity to ask questions and explore current issues and affairs. The student leaders are going to share their observations of their experiences.

The NDC Year 7 camps at Mount Evelyn and Portsea have now been held. These camps have provided the opportunity for students to get to know each other. Staff who attended both camps commented on the way that students engaged with each other and took part in the activities.

### New College Timetable

The new timetable at the College is now well underway, with students now learning in 6 periods, with the day starting with a lesson, and homeroom occurring before recess. Students are to be commended for the adjustments that have been made to adapt to the new learning structure. The addition of a pastoral period to the learning program has also been positive.

In 2024, the College has reverted to traditional SAC processes, where SACs are delivered predominantly within classrooms. This is in line with VCAA protocols. This is different from 2023, when students were required to sit SACs at alternate times, including after school. As outlined in VCE Study Designs, 'SACs must be a part of the regular teaching and learning program and must not unduly add to the workload associated with that program. They must be completed mainly in class and within a limited timeframe'. The protocols in 2024 now meet these stipulations. The College has briefed students on expectations of in-class SAC routines.

Over the weekend, St Patrick's Day was held. The college had several students represent the College at the 11am Queen of Peace mass. It was wonderful to have such a positive experience with so many of our students, willing to wear their uniform on a Sunday and be a visible presence within their parish, handing out our EC News magazine to parishioners.



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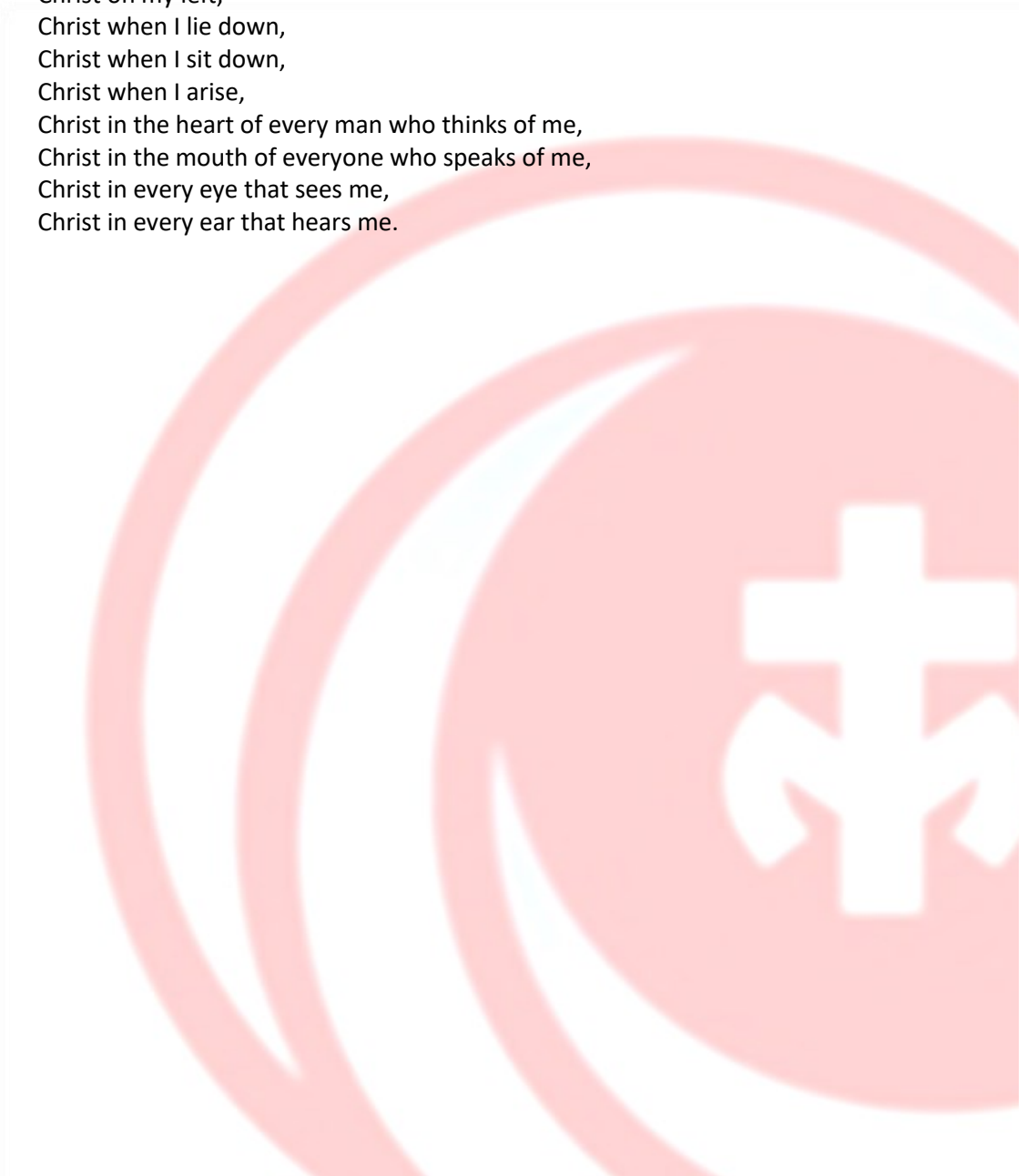
**Vale Rob Brennan**

We pray for the family of Robert Brennan, the principal of Caroline Chisholm College. Rob died following a short illness, and his funeral was held at Caroline Chisholm on Friday. We also keep the Caroline Chisholm Community in our prayers during this difficult time.

I conclude by remembering St Patrick's Day, calling to mind the Prayer of St Patrick from his Breastplate:

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

**Dr Janine Biggin**  
**Principal**



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## Student Leaders

On March 13th, we held our fifth annual Alumni Business Breakfast. The Emmanuel community was fortunate to have Jelena Dokic as the guest speaker who shared some of her greatest memories and achievements, but also her experiences overcoming strict expectations and her courage to express her voice. Jelena Dokic is former world No. 4 Australian women's tennis player, and now a commentator, speaker, and two-time best-selling author.

Those attending the morning became aware of Jelena's extraordinary ability to fight on and off the court as she endured huge challenges; being a refugee twice, dealing with poverty and endless accounts of abuse. Jelena developed a wit for tennis, displaying talent, love and passion for the game, excelling at her achievements at a young age. However, Jelena is a victim of more than 15 years of abuse, pressure, trauma and fear. "Don't speak, don't speak or I'll kill you." Her raw honesty on difficult topics has made us reflect in awe. Her ability to free herself from the grips of darkness has inspired us to embody a voice to communicate her life approach, 'Living with gratitude everyday.'

Yet, to also speak up about issues and advocate for change. Jelena's retirement from tennis consequently diminished her sense of identity; losing all her self-worth, belief, and hope. "I was barely existing. Then something incredible happened. I told the truth. I told my story. I found my voice. And it saved my life." In 2017, her first book 'Unbreakable', allowed her to openly convey her vulnerability and thus help others to overcome struggles. "It takes guts to be vulnerable. It's not weak." From being a victim to a survivor, to then thriving in unfamiliar territory has been a vital part of Jelena's journey to find meaning and purpose in life.

Even after all she had endured, she clearly stated her one mission and goal in taking on the project of her book. "If I can help just one person, I've done everything I ever hoped to achieve." The power of vulnerability can truly assist in discovering a plan that allows spiritual connection from within; guidance that promotes core values and proactive steps to achieve happiness and kindness. As College Captains of Emmanuel, we seek to reduce external influencing factors that strangle peace and love, in response to violence and conflict. We are all imperfectly perfect, authentic and real people who can have the courage to replace our doubts with dreams.

On behalf of the Emmanuel community, we thank Jelena Dokic for donating her time and speaking to the Alumni who had the chance to mingle and network with staff and past students of the college.

**Matthew Koropecykj (SPC) Ella Rule & Marco Lapitan (NDC)**

**College Captains**

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## School Fees

### **2024 School Fees**

2024 school fees and bus fees are due and payable in full on **01.05.2024** unless on a school approved payment arrangement.

The finance portal has now closed for payment arrangements. Please contact the finance team on 8325 5100 and they can assist you in setting up a payment plan.

### **2024 CSEF**

If you are the holder of a healthcare or pension card you may be eligible to receive \$250.00 CSEF per student. Please download a form or collect from reception at either campus.

### **Who needs to apply for CSEF?**

If you have recently received a healthcare or pension card and not applied previously.

If you have a healthcare or pension card and have a **new student** commencing at the college in 2024. This **includes siblings** of existing students who already receive CSEF.

Do not re apply for 2024 CSEF if you received the funding in 2023 and you do not have a new student enrolled for 2024.

**Mario Puopolo**

**Business Manager**



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## Deputy Principals - Student Wellbeing

As we approach the end of the term, we would like to take a moment to emphasise the importance of working together to guide the students to success by reinforcing the College's policies regarding uniform, punctuality, and behaviour. These aspects play a vital role in creating a conducive learning environment for our students.

Uniform compliance is not just about appearance; it fosters a sense of unity and pride among students. By adhering to the College's uniform policy, we promote a level playing field where all students feel included and equal. It also prepares them for future professional environments where adherence to dress codes is expected.

Punctuality is another crucial factor in your child's academic success. Arriving on time not only shows respect for the learning process but also allows students to make the most of their educational opportunities. Consistently being late to school can disrupt classes, hinder learning, and create unnecessary stress for the student and the teacher.

Behavioural rules are in place to maintain a safe and inclusive environment where every student can thrive. Teaching our children to follow these rules helps develop their social skills, empathy, and respect for others. By working together to reinforce behavioural expectations, we can create a positive and supportive atmosphere.

A reminder that attendance at school is compulsory and that any unnecessary absence has a cumulative effect on both learning and habit formation. Please consider very carefully any planned absence and ensure that the education of your child has priority over other considerations. Please talk with relevant staff at the College if you have difficulty with your child attending school.

We thank families for your ongoing support of your child and the college. The teen years are typically challenging, especially as your children begin to develop the skills of independence and responsibility for the choices they make. Your care and dialogue to help them to reflect and learn from all decisions they make is essential in ensuring the young people in our care become the best version of themselves.

Parent Teacher Interviews are being held on Wednesday 17 and Thursday 18 April. Students will be dismissed at 12.30pm at both Campuses on Wednesday 17 April, and Thursday 18 April will be a student free day. Teachers and parents provide the support and encouragement, but it is the students who determine the outcomes so this is a great opportunity to reflect and plan together.

### Student Support Team

The College continues to work in partnership with Catholicare to provide counselling services to the College. The College has also been the recipient of state government funding for the chaplaincy program and John Kalka will work with the Counselling and Support Team to enhance the connectedness and resilience of all members of the College community. Mr Denis Palanci and Mr Victor Salloum will continue to have an oversight on delivery of these services. **Students under 16 years of age wishing to access this service would generally require written permission from parents.**

Additionally, both the Hobson's Bay City Council and the Wyndham City Council offer counselling services. Please see the below links should you require further information.

<https://www.hobsonsbay.vic.gov.au/Community/Community-services/Young-people/Support-for-young-people/Counselling>

<https://www.wyndham.vic.gov.au/services/youth-services/services/youth-and-children-counselling-support>

Due to the congestion in the morning and afternoon at St Paul's Campus along Chambers Rd, the College strongly recommends that parents do not park in either Neil Court or Lawrence Court opposite the main entrance. We recommend that you find an alternative drop off and pick up point that is slightly further away. A reminder that there is a secondary entrance along Blackshaws Rd with a pedestrian crossing for student safety. By dropping your sons in this area, congestion for all would be minimised in Chambers Rd.

**Denis Palanci (SPC) & Victor Salloum (NDC)**  
Deputy Principals (Student Wellbeing)



## Deputy Principal (Inclusive Practices)

### REFUGEE EDUCATION SUPPORT PROGRAM

Emmanuel College joined the Refugee Education Support Program (RESP) in 2022. RESP is a two-year program aimed at assisting schools to identify and implement strategies which have a positive impact on the achievement, engagement, and wellbeing of students from refugee backgrounds and their families. RESP is a whole school approach and the Emmanuel College RESP Team have worked hard over the two years to develop new initiatives and have taken action in a number of areas.

### What's happening with RESP in 2024?

The RESP Team, led by the College Youth and Family Liaison Officer, Winnie Koth, have continued to meet in 2024 and we are excited about a number of new initiatives that we will be piloting throughout the year.

#### Student Led Social Club – In the Conversation

In the Conversation is a student led social club, that aims to encourage students to learn about leadership, public speaking and connect with other students. Sessions run weekly and are during lunch time. In these sessions they discuss various topics, engage in activities and host guest speakers. The club collaborates with external agencies to host programs for students throughout the year. The sessions are supervised by the College Youth and Family Liaison Officer, Winnie Koth and the program coordinator, Mary Toto.

#### Ubuntu Project

The team at Ubuntu are developing an anti-racism/cultural safety program for students in Victorian schools and want to involve school staff and students in the creation process. We are privileged to be a part of the program and host the Ubuntu team at Emmanuel College. Students kicked off the term with a session on cultural safety and anti-racism discussions.

#### Term Two Plans

We are thrilled to be partnering with African Youth Initiative for Term Two. They are a not-for-profit organisation, that through role-modelling and a range of initiatives, aim to reconnect African youth to their communities and empower them to be positive contributors to society.

**RESP TEAM – Winnie Koth, Anita Duhig, Maree Cody, Cate Toebelman**



**Anita Duhig**

Deputy Principal (Inclusive Practices)

## Leader of Mission Integration

### **Lent**

The fourth week of Lent is a wonderful time to continue your focus on prayer, fasting and service, or start if you haven't already. As the leaders of faith in your homes, I encourage you to consider how you can foster a Lenten spirit in your family. Perhaps a routine of prayer before dinner each evening. Perhaps a family commitment to recycling to show love for our planet. Perhaps everyone saves up their coins and donates to Project Compassion. Perhaps a family commitment to fasting from negative comments to each other or about others. I urge you to be creative in finding relevant and impactful ways your family can grow this Lent.

"Lent is a new beginning, a path leading to the certain goal of Easter, Christ's victory over death." (Pope Francis)

### **Catholic Education Week & Project Compassion**

This week we will be holding our Project Compassion casual dress justice fundraiser with the funds going directly to the work Caritas is doing to support the most vulnerable people around the world and help provide sustainable solutions to challenges which hold them in poverty.

We will also raise money at our Catholic Education Week concerts at each campus where our talented musical students performed amazingly for large audiences. We continue to challenge students to sacrifice some of their 'disposable money' to support those in real need.

Our Camino for Caritas will involve over 60 staff and students making the pilgrimage from each campus to Queen of Peace Parish. Students will carry bags of fruit and buckets of water as they make this journey. The pilgrimage allows students to develop solidarity with the poor who often walk long distances for basic essentials, and it allows them to experience a spiritual pilgrimage. We will conclude with a liturgy at Queen of Peace.

10 students and staff will represent the College by attending the St Patrick's Day mass and celebration at the Cathedral this Friday.

### **International Women's Day**

Last Friday marked International Women's Day. It was a good opportunity to remember Mary and the contributions made by the female founders of the Marianist Order.



Bl. Adele Trenquelléon formed a spiritual union called the "Little Society" which had as its goal to create a network of women who would support each other in their faith. The association grew rapidly with Adele writing correspondence to the distant members, whilst also visiting the sick and inviting poor children from the country to her home to care for them and teach them about the fundamentals of the Christian faith. In 1816, Adele renounced her inheritance and rented part of an ancient convent in the local capital of Agen. In 1816 the Little Society and female members of Chaminade's group formed the Marianist Sisters that combine an impulse for mission work with a contemplative nature. The mission work was heavily focused on care for the sick and the education of the poor. Adele de bBatz de Trenquelléon died in 1828 and was buried at the convent; her final words were: "Hosanna to the Son of David!"

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## Leader of Mission Integration



Marie-Thérèse de Lamourous was known to be "firm of hand, loving of heart". As priests were imprisoned, killed or in hiding during the French Revolution, Marie-Therese filled the void, and she became the heart and soul of the parish community for the next six years. She gathered the parishioners for prayer, religious instruction, family counselling, and secret Masses celebrated by disguised and fugitive priests. She provided a home, rehabilitation, and work opportunities for those women who chose to leave prostitution and enter her 'House of Mercy'. All the while Marie-Thérèse remained Chaminade's closest collaborator on their plan to develop the new religious institution. Marie is the co-foundress of the Sodality of the Madeleine and the Society of Mary. She was always known for her "simplicity, humility, and sincerity".

Peace and blessings,

**Mark Sciberras**

**DP – Mission Integration**

*'Have the Courage to Replace your doubts with dreams'*





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## Chaminade House Reports

It has been a busy start to semester1 for both staff and students of Chaminade House. It has been great seeing all the students get reacquainted after the summer break and seeing the new year 7s adjusting to life in secondary school.

Chaminade participated in the College Athletics carnival at the start of February! Our students participated in almost every event and demonstrated amazing grit, with some brilliant performances.

In Term 1 many Chaminade students have taken part in camps and retreats, the year 7s had a wonderful time at two different camps. While the year 12s enjoyed the year 12 retreat at Daylesford and Anglesea.

We have been running various inter homeroom challenges this term such as trivia and are looking to run more competitions including an art competition.

### **Mr Gerard Neenan and Mr Sean O Mahony Chaminade House Leaders**

Chaminade House at Emmanuel College St. Paul's Campus has seen a dynamic and enriching Term 1. With a focus on fostering resilience and providing diverse experiences, the students of Chaminade House have embraced challenges and opportunities alike.

**Year 7 Camp at Portsea:** The highlight of Term 1 was undoubtedly the Year 7 camp at Portsea. Set against the picturesque backdrop of the Mornington Peninsula, students were immersed in a series of team-building activities, outdoor challenges, and leadership exercises. From navigating obstacle courses to engaging in evening activities, the camp provided an ideal platform for students to bond, learn, and develop crucial life skills. Through activities like hiking, orienteering, and group initiatives, students forged lasting friendships and discovered their strengths in overcoming obstacles. The camp experience instilled a sense of camaraderie and resilience among the Year 7 cohort, setting a positive tone for their journey at Emmanuel College.

**Athletics Carnival:** Another highlight of Term 1 was the exhilarating Athletics Carnival. Chaminade House students showcased their athleticism, sportsmanship, and team spirit during a day filled with track and field events. From sprint races to long jumps, students enthusiastically participated in various competitions, cheered on by their peers and teachers. The carnival not only celebrated physical prowess but also emphasized the importance of perseverance and determination. Through friendly rivalry and healthy competition, students embraced the values of resilience and grit, demonstrating their commitment to personal excellence and collective success.

**Change to the Timetable:** Term 1 witnessed a significant change to the timetable, providing students with a more balanced and flexible learning environment. The revised schedule allowed for greater integration of co-curricular activities, enrichment programs, and academic support initiatives. By optimizing class times and incorporating dedicated periods for extracurricular pursuits, students were empowered to explore their interests, nurture their talents, and enhance their overall well-being. The revised timetable reflects Emmanuel College's commitment to holistic education, fostering resilience not only academically but also socially, emotionally, and creatively.

Term 1 has been a period of growth, learning, and resilience for Chaminade House at Emmanuel College St. Paul's Campus. From the transformative experiences of the Year 7 camp at Portsea to the spirited competition of the Athletics Carnival, students have embraced challenges with courage, determination, and resilience. With a renewed focus on personal development, academic excellence, and holistic well-being, Chaminade House looks forward to continuing its journey of empowerment and growth in the upcoming terms.

**Thomas Meegan - House Leader**

**Chaminade – St Paul's Campus.**

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## McCluskey Homeroom Reports

I am one of the many students in McCluskey L who are inspired by our Homeroom Teacher, Ms Solarino, every day. As our Homeroom Teacher, she walked into this school with a warming heart and a very high level of compassion. She came to NDC last year and become our new homeroom teacher after transferring from St Paul's, and has made the Homeroom a place for students to express their ideas without judgment. She also is very encouraging and helps students to push themselves in all aspects of school. Our Homeroom upholds the values of McCluskey – courage, pride and leadership - every day, and we have several members of the McCluskey leadership team in our Homeroom family. Overall, I am a proud member of my Homeroom and am so happy Ms Solarino has been here through this part of my Emmanuel journey.

### **Djana Wilkinson Year 9 - NDC.**

We are members of McCluskey, Burnet Homeroom. We have a mix of students in our homeroom from Year 7 to Year 12. We have participated in a variety of activities so far this year such as, Ash Wednesday, Opening School Mass, and the camps, for Year 7 and Year 12. For a report on the Year 12 camp, one of our Year 12s Brendon has written us a short reflection.

“Year 12 retreat was a wonderful experience where we learned the importance of teamwork, resilience, and a way to relieve stress before we embark on our Year 12 journey. The retreat was held at Rutherford Park Country Retreat, where for two days we engaged in activities such as Yoga, Zumba and Hiking to help us get our minds off the pressure that is yet to come throughout the year. Overall, Year 12 retreat provided us with invaluable lessons that will guide us not only in our academic pursuits but also in our personal lives”.

On an average day in homeroom Ms. Buckley, our homeroom teacher, reads us the notices of the day on SEQTA. Sometimes she will tell us to set up Wordle while she reads out the notices. Before that though, we pray together, then she calls out the roll. Maybe even sometimes we have a homeroom meeting. As soon as we hear the bell, we all run towards the homeroom door so we can go to recess.

**By Ms. Buckley, Brendon Lai, and Angus Frazer**

**SPC.**

## ACC Sports

Term 1 has been a very busy start to the year with ACC Sport kicking off. Seniors have been competing in ACC Senior Cricket, Tennis and Volleyball this term. We would like to wish our ACC Cricket and Volleyball teams the best of luck as they both progress to the finals this week.

On the 19<sup>th</sup> of February SPC held their annual athletics carnival. Despite the initial postponement due to extreme heat, the collective efforts from both students and staff ensured a seamless day. There were several outstanding achievements on the day, well done to Winters House for securing first place.



Congratulations to the following students for their record-breaking performances, setting a new record in their events:

Jake Miller: 1500m, New Record: 5:01.33  
Jordan Fenton: 1500m, New Record: 4:47.00  
Carl Refardt: 1500m, New Record: 4.48.54  
Leo Simmonds: Triple Jump, New Record: 12.7m  
Nicholas Giles: High Jump, New Record: 1.7m  
James Yeager: High Jump, New Record: 1.7m  
Hunter Longmuir: High Jump, 1.65m

A special mention to Euan Dragovic, Joshua George, Daniel Surbevski and Dwayne Elia for competing in the 2XU Race 5 Triathlon on Sunday 3rd of March. These boys made their way down to Elwood early Sunday morning to represent the school.

On March 7<sup>th</sup> Emmanuel College had two teams proudly represent the College in the ACC Lawn Bowls tournament. Both teams delivered outstanding performances, securing impressive placements. Amongst all 24 teams, both teams were able to place 2<sup>nd</sup> and 3<sup>rd</sup> on the day.



Congratulations to Winters House again for placing first at the Swimming Carnival. We commend the outstanding performances on the day. Congratulations to the following students who were top performers in their year level:



### Swim Trials Individual Champions Per Year Level:

Year 7: Eamon Needham & Tomi Molnar  
Year 9: Kasper Bruders  
Year 11: Brendan Nguyen

Year 8: Leo Loftus  
Year 10: Patrick O'Keefe  
Year 12: Nicholas Molnar

Next Term is looking to be an exciting term with both ACC AFL and ACC Soccer Kicking off, so be sure to get involved!

**Makayla Zulumovski**  
Sports Assistant

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## Careers News

### IN THIS EDITION

The Emmanuel College Careers Newsletter, which is also published on our College Careers Website provides current up to date information to support students and parents/guardians to make informed decisions.

This week's edition contains the following information and can be found [here](#)

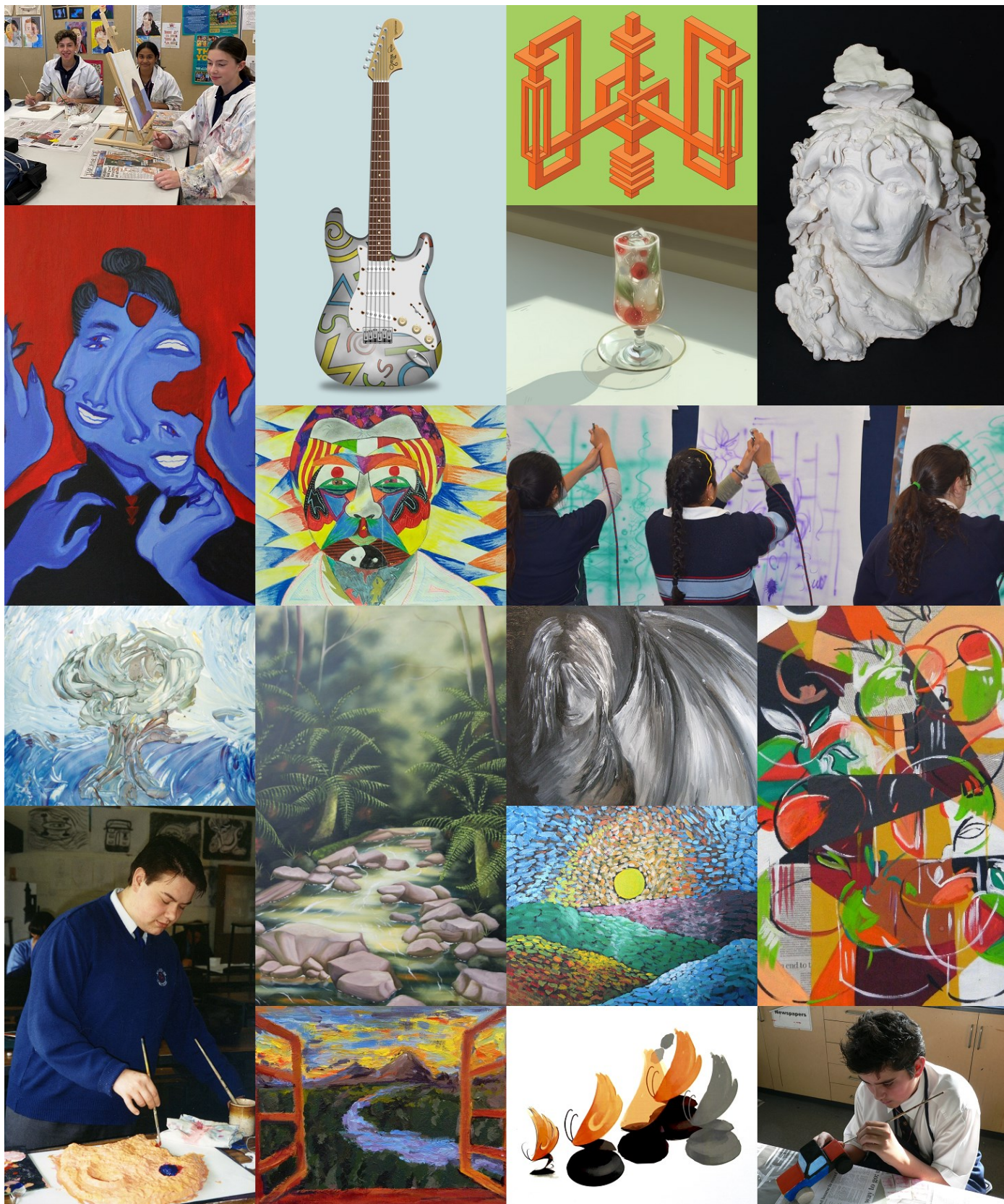
- Upcoming career events
- University campus tours these school holidays
- Major career expos
- Work experience opportunities
- University search tools
- Free career tests

**Tania Vranes and Sol Di Maggio**  
**Careers Leaders**





## Art at Emmanuel College—Then and Now





## Calendar Term 1 Weeks 8B & 9A

18 March	Year 7 Language Project Day SACCSS Girls Open Cricket
19 March	SACCSS Senior Boys and Girls Volleyball (H)
20 March	College Advisory Council Meeting @ SPC ACC Senior Cricket, Tennis and Volleyball Finals
21 March	Harmony Day
22 March	Year 8 Retreat Day
25 March	NAPLAN Ends
26 March	SACCSS Swimming
27 March	ACC Swimming Championship Msac SACCSS Senior Boys and Girls Volleyball (H)
28 March	Term 1 ends 3.10pm Easter Liturgy

*We acknowledge that we are gathered on the traditional land of the Kulin Nation. We recognise the First People's relationship to this land, water and culture and offer our respect to their elders, past, present, emerging. Emmanuel College commits itself to reconciliation.*

# When My Child Won't Listen

One of the most common complaints I hear from parents about their children is that, “The kids just won’t listen.” But guess what. They are listening. They’re just not complying! You’ll typically find that a handful of standard answers permeate the Internet and parenting advice books when it comes to this topic. Let’s acknowledge them first, because they can be helpful.

## 1. Keep it simple

Short sentences are easier to process than long lectures. Keep your statements and requests simple, clear, and direct.

## 2. Get on your child's level

Making eye contact, smiling, and ensuring your child has heard you always improves the likelihood that your child will act.

## 3. Repeat it back

Ask your child to tell you what you told them. If you ask them to pick up the wet towels from the bathroom floor and they’re not responsive, ask them, “What did I say just then?” and wait for them to tell you.

## 4. Speak more quietly

Speaking louder (yelling) won’t draw them to you and it’s unlikely to encourage them to want to listen to you. Try speaking softly. They’ll open their ears, lean in, and listen carefully.

## 5. Gentle touch

A soft touch on the arm, a squeeze or a hug, or an arm across the shoulder... These gentle touches can be enough to act as a circuit-breaker so your child can pay attention to what you’re asking and help move things along.

## 6. Drop the don't

Say what you want. If you tell your child what not to do (such as “don’t hit the stick against the wall”) It requires more effort on the part of your child to redirect their energies. Now they have to stop doing the thing that’s bothering you and think of something to do instead.

## 7. Find a way to say “yes”

When you have to say “no”, spin it into a “yes”. If you’re asked, “Can we stay at the park longer?” you can say, “You bet. We’ll have a longer stay at the park on the weekend when we come back with your friends.” If they plead, “Can we please have ice-cream”, respond with “You sure love ice-cream. We’ll have ice-cream on Friday night with our movie like always.” Your yes is usually going to be a “not now,” but if you phrase it right, it goes down a treat.

If we want to be even better parents, the five suggestions in this next section will help us take it to a whole new level:

# The fancier answers

## 1. Keep it simple

When you ask your child to do something, consider the connection. Connection means feeling seen, heard, and valued. Do your children feel like you see them as more than a convenient way to get something done? Trying to command without connection – like yelling between rooms – is a lousy way to have your kids pay attention and usually won't lead to anything resembling compliance. (It's not realistic to expect that you'll "connect" every time something needs doing. But maybe we can connect more than we currently are)?

## 2. Timing

If your child is in the middle of something their listening and compliance will be way down. This doesn't mean we shouldn't ask our children to be involved in helping when they're doing something. That's not realistic. But when we're sensitive to their priorities, things go better. Consider statements like, "When that episode is done, please turn off the tv."

## 3. Capability

We expect too little of our children physically and we expect too much of our children emotionally. Demanding they "calm down" or "stop it" might be more than they can manage. But asking them to clear the table will typically not be too much. Consider their developmental capability, emotionally and physically, before issuing edicts.

## 4. Context

Your child might be perfectly capable of going to bed on time most nights, but on a sleepover night (or some other major event), the context changes. Demanding perfect behaviour at a funeral might make sense and be a sign of respect, but if they're grieving and confused, or if all of their cousins are there and they're excited, we might need to adjust our expectations. Requiring our children to listen to us the same way in every context is to expect our children to act like robots. Be mindful of context.

## 5. Gentle reminders

Call your child by name. Look at them and quietly remind them of the issue that's requiring focus. The fewer words you use the better. Two is ideal. For example, "Your bedroom," "Your stinky socks," "The dishes," and so on. Say please, and smile kindly.

# The advanced answers

There are even better answers, but space won't allow me to describe them here. You can find the entire list in my brand new book, *The Parenting Revolution*. As a sneak peek, remember to be involved with your children when they have something to do. Be patient and give them a chance to act before cajoling them again, make it fun, and consider how much connection is happening compared to correction and direction. Lastly, remember it's totally reasonable and acceptable for parents to expect their kids to help out around the house. These ideas (and the extras in my book) will help change the game.



**AUTHOR**

**Dr Justin Coulson**

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).

