

CREDEENCE HIGH SCHOOL

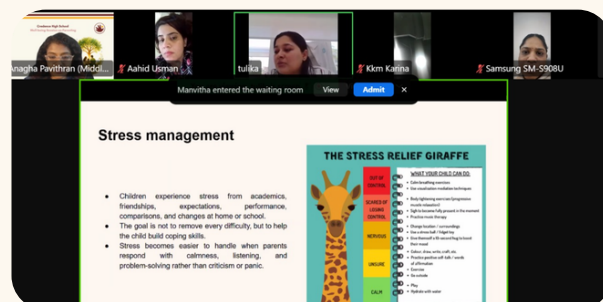
Strong Roots, Bright Futures: Strengthening the Parent–Child Ecosystem for Holistic Wellbeing

GRADE
PreKg – Grade 12

Saturday, 6 June 2026



Co-Regulating Moves	This Might Look Like
Set the scene	Using lighting as a cue – dimmer to bring the energy down, brighter to bring the energy up
Match volume and tone	When a situation is escalating, keeping a quiet or moderate volume with a serious, calm, steady tone
Check your physical presence	Getting on students' eye level to balance power
Use reflecting language	Naming the emotions students express as a way to show you are listening to or seeing them
Prompt strategies and choices	Remind students of available supports or strategies, when they might not be at their best



● INTENT

The session was organized to strengthen the partnership between home and school by equipping parents with evidence-based knowledge and practical strategies to support their children's holistic wellbeing.

The programme aimed to enhance parents' understanding of the emotional, social, and developmental needs of children across different age groups while empowering them with effective approaches to foster healthy parent–child relationships, emotional resilience, and positive communication within the family environment.

● EXPERIENCE

On 6 June 2026, from 10:00 a.m. to 11:30 a.m., the school hosted a virtual parent wellbeing session- Strong Roots, Bright Futures: Strengthening the Parent–Child Ecosystem for Holistic Wellbeing. The session was facilitated by Dr. Tulika Shukla, Psychiatrist and Therapist at Zivanza Wellness, Dubai. Drawing on her extensive experience working with children, adolescents, and families, Dr. Tulika shared evidence-based insights and practical strategies to help parents support their children's emotional wellbeing, strengthen family relationships, and navigate everyday parenting challenges with confidence.

● INSIGHT

The session reinforced the significant role that positive parent–child relationships play in promoting children's overall wellbeing and development. Parents ~~not~~ gained valuable insights into the importance of connection, emotional attunement, and consistent support in nurturing resilience and healthy coping skills. The practical strategies shared by Dr. Tulika highlighted how small, intentional interactions can strengthen trust, communication, and emotional security within families. Overall, the programme empowered parents with actionable approaches to create supportive home environments that contribute positively to their children's growth, wellbeing, and long-term success.