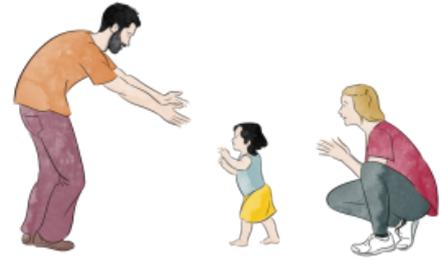


# How your wellbeing supports your child's outcomes



## Explore how small changes in your wellbeing can create big changes for your child

When you're caring for a child with a developmental delay or disability, your needs often come last. But your wellbeing matters—because when parents thrive, children thrive too.

In this practical and interactive session, we'll explore how looking after yourself supports your child's learning, behaviour, and overall development.

You'll be introduced to PERMA, an evidence-based wellbeing framework from positive psychology, and take away small, realistic steps you can use in everyday life.

### You'll leave with:

- A better understanding of how your wellbeing affects your child's outcomes
- Practical ways to shift from survival mode to a more positive, empowered mindset
- An activity that gives you a real-time experience of improved wellbeing
- Strategies based on the evidence-based PERMA model
- Insight into how reflection and simple actions can lead to greater happiness for the whole family

### Cost

Free

### Date and time

Tuesday 5 May 2026,  
7.30pm to 9pm AEST/NSW Time  
Please adjust for your time zone if necessary.

### This program is for

Parents, carers, and family members of children aged 0-8 years.

### Location

Online via Zoom

### More information

For more information see the event page or feel free to email Mana (Parent Learning Manager) [mana@plumtree.org.au](mailto:mana@plumtree.org.au)

'Let's talk about...' sessions are created by families, for families. Facilitated by trained parent-peer workers who are raising a child with a developmental delay or disability, these sessions are a chance to connect, reflect, and learn in a supportive environment.

Secure your spot now

