

Play School Concerts



**Songs, stories and games.
It's Play School Live In Concert!**
Featuring two presenters plus the toys from the ever popular television series. This New 40 minute show for 2008 is full of active participation.

**Friday 13th June 2008
Cairns Civic Theatre**

*All Tickets \$12.00
10am & 12pm On Sale Now

BOOKINGS ESSENTIAL

Book at Ticketlink
Cnr Florence & Sheridan Sts Cairns
Ph: 4031 9555

www.ticketlink.com.au

*processing fees may apply

© Australian Broadcasting Corporation 2008



The Australian Broadcasting Corporation in association with Kids Promotions presents Play School Concerts

Deborah Storer is the...

Mummy Motivator

This column is dedicated to those who wish to bring out the best in themselves so they can enjoy parenthood and life.

Hi Deborah,

My daughter is turning 12 in a month and I'm after some advice on getting through what could turn out to be a very testing time for all. We have a good level of communication but just hope that continues into her teens! Any words of wisdom would be much appreciated.

Have you ever seen the Gilmore Girls – where the mother and daughter have a strong relationship with each other? It's something we all yearn for. Is it achievable? You betcha!

It reminds me of one mother in Cairns who has a wonderful relationship with her 14yr old daughter and 11yr old son. I have seen them interact with each other often. They are calm, open when expressing their feelings, supportive of one another and well balanced.

How do you achieve this? The answer: LOVE.

- 1. Intention.** You don't need to know how; as long as you know what you want and why you want it then the 'how' will present itself. So visualise in your mind's eye what an open loving relationship looks and feels like and the right words and actions will then form automatically. Albert Einstein said: If you can imagine it; you can achieve it.
- 2. Acceptance.** Your daughter is going to be going through a rollercoaster of emotions and experiences in her teens. Let her know that you will be there for her, no matter what. This means learning to forgive, comfort and listen to her without judgment.
- 3. Love yourself.** You are a huge influence in your daughter's life. Therefore lead by example by nurturing yourself often, dealing with your emotions positively and expressing your needs and desires openly.
- 4. Ask questions.** Questions help her to form her own opinions, connect with her feelings & needs and be able to express them to you. Therefore even though you may know the answer – ask with curiosity as if you don't know. Why? People don't care so much about what you know – they want to know how much you care!!

Have a question for Deborah? Email: pakmag@deborahstorer.com.au
Your email will be kept confidential.



Deborah Storer
Dynamic Speaker, Coach & Author

Personal Development with a Difference!

www.deborahstorer.com.au