



## PARENT INFORMATION SESSION

**DATE:** WEDNESDAY 26 MARCH 2025

**TIME:** 6.00PM - 7.30PM

**VENUE:** LIBRARY - THE CATHEDRAL COLLEGE

Please click [here](#) to register your attendance

*Host of the documentary “All in the Mind”, and co-host of the TV Series “The Secret life of Girls”, Nathan Wallis, Aotearoa’s renowned neuroscience educator, has been captivating audiences over 250 times per year to sell out events in New Zealand, Australia, & China.*

With a profound reputation as a lively and engaging speaker, Nathan uses humour and plain language to condense twenty-five years of neuroscience research into his unique ‘tell you how it is’ style. You’ll be absolutely captivated!

Nathan’s talks will be of interest to anyone who is committed to understanding the workings of their own brain and improving the quality of their lives, regardless of whether they have children or not.

Nathan will be covering the developing brain and the teen brain in his upcoming presentation on the 26th of March 2025.



# The Developing Brain (5-12 years)

In this presentation, Nathan provides an informative narrative on how our day-to-day interactions with children and young people, significantly the early years, plays a critical role in defining later outcomes for our children. In this talk, Nathan will guide you through the stages of brain development from the first 1000 days and into adulthood. He will reveal little tricks that will hopefully make parenting easier, and help you open up communication with your child. You will walk away with a much better understanding of how both your child's brain and your own brain works!

This talk is for those parents or caregivers who want a quick snapshot of brain development. Tune in and get a summary of the latest research and everything a parent, grandparent or whānau needs to know.

## Teen Brain

There are 6000-year-old hieroglyphics carved into the pyramids depicting the teenagers of the time as being self-obsessed, defiant and unmotivated - that's sounding pretty familiar don't you think?

During adolescence (which is a lot longer than you think by the way!) part of your teenage brain “shuts for renovations”. This is the part of the brain responsible for controlling your teenager's moods, for understanding consequences and for thinking about the well-being of others. So whilst you can't expect lots of those behaviours during adolescence, there are ways that you can enhance and maximise the times when they can.

Understanding the changes that are taking place for your teen will help you to navigate successfully these important and formative years.

*Nathan Wallis*