



Foundations for Families 2009 Parent Workshop Topics

For parents of children, all ages:

Bullies and Mean Girls

This workshop looks at the characteristics of children most at risk of becoming a bully or a victim.

- § Understand the long term effects of aggression and bully victimization
- § Learn strategies to help bullies, victims and bystanders

Find the Approach to Sleep that Works for Your Family

This workshop focuses on developmentally appropriate strategies for helping infants and young children adapt a regular sleep schedule.

- § Recognize children's cues and behaviors related to sleep
- § Learn how to teach children to sleep through the night

From Managing Sibling Rivalry to Supporting Sibling Relationships

This workshop looks at the reasons why siblings fight and how to support children in developing positive relationships.

- § Understand how to identify the motives behind sibling conflict
- § Develop specific strategies for addressing various interactions
- § Learn ways to promote positive interactions among family members

Meaningful Family Communication

This workshop focuses on specific communication strategies that build empathy and reduce power struggles among family members.

- § Learn about how to increase positive interactions.
- § Learn ways to connect through communication

Teachable Moments

When a child displays an action or behavior that can be used as a learning tool, teachers and caregivers should use the moment to extend or expand the child's learning.

- § Learn about the different levels of teacher response to teachable moments

Understanding Learning Styles

This workshop explores how learners process the same information in different ways.

- § Identify your child's preferred learning style.
- § Learn specific strategies for supporting your child's learning.

Raising Resilient Children

Resilient children overcome challenges in life and lead happy, successful lives.

- § Learn how you can help your child make friends and be a friend.
- § Understand why some people are more likely to be successful in life...and how to build those strengths in your child.
- § Discover how to nurture your child so that they are able to bounce back from tough times.

For parents of children, preschool through the 3rd grade:

Beyond Apologies: Helping Children Develop Social Skills

This workshop helps adults recognize the impact of demanding that children apologize for their behavior.

- § Develop alternatives to requiring apologies
- § Learn ways to reframe conflicts between children using positive guidance techniques.

Promoting Play and Social Development

You're never too old to understand the value of being part of the group and making friends

- § Learn to appreciate the active roles of parents in the development of healthy early friendships and social interactions.

Promoting Literacy at Home

Create a literacy rich home environment. This workshop explores ideas and techniques to enhance literacy at home.

- § Learn how open ended questions support literacy
- § Learn ways to support children as writers
- § Explore using music to support literacy

Understand, Accept and ENJOY your Child

Everyone has a unique temperament - including you! Parents who identify and understand temperament enjoy their children and feel successful.

- § Learn about the nine temperament traits and three typical temperament types of young children.
- § Learn to use practical tools to understand how temperament works in any group of children and adults.

What Else? A Problem Solving Technique for Young Children

“What Else?” is a method that children can use to solve their own problems (with your support).

- § Learn how using the “What Else?” method will empower your children and positively impact their behavior.
- § Learn how to introduce and teach the method to children.

Positive Guidance - Setting Limits with children

This workshop is about appropriate ways to set limits for children and guide them in the development of important social skills.

- § Learn the key principals of guidance and socialization for children.
- § Learn appropriate and inappropriate guidance strategies.

For parents of children, 6th through 8th grade:

Communicating with Adolescents

Explore ways to connect with your adolescent child.

- § Learn the key principals of guidance and socialization for children.
- § Learn appropriate and inappropriate guidance strategies.

Positive Guidance - Setting Limits with Adolescents

This workshop concentrates on how to use positive techniques to understand challenging behaviors and establish an environment that encourages desirable behavior.

- § Learn techniques to understand the ‘why’ of the challenging behavior.
- § Learn how to decide what strategies will be most effective in changing the behavior and meeting the child’s needs.

Supporting Adolescent Self Esteem

Children and teens with high self-esteems are more likely to do well in school, have positive friendships, overcome life’s challenges and behave in a more cooperative way at home.

- § Explore the connection between adolescent self-esteem and academic performance.
- § Understand specific strategies for fostering healthy self-esteem in adolescents.

Positive Parenting Series

Following the evidence based STEP/Teen program, this six-week series focuses on positive approaches to understanding and raising adolescents. Strength-based approaches include appreciating that behaviors are motivated by a variety of goals, that encouragement for children is extremely important for their future success and that family meetings for making decisions for and with adolescents are highly valued. This progressive program builds each week on skills and ideas from each previous session.

Session topics are as follow:

- § Understanding Yourself and Your Teenager
- § Changing Your Response to Your Teen
- § Communicating Respect and Encouragement
- § Encouraging Cooperation and Solving Problems
- § Using Consequences to Build Responsibility
- § Deciding What to Do: Addressing Tough Topics

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