



## **PARENT EDUCATION PROVIDED BY AUTHENTIC ME**

*The following are parent presentations offered by Mary Ellen Young and Sandra McDonnell. Workshops are 1.5 hours and can be customized to fit your needs. For more information, contact them at [info@authenticme.biz](mailto:info@authenticme.biz).*

### **FOR ALL PARENTS**

#### **Clarity in Complicated Times: Tips and Tools for Navigating Today's Parenting Challenges**

Parents today are busy, often overwhelmed, and challenged by a variety of things and events negatively impacting their families. With epidemic rates of anxiety and depression, children of all ages also have been impacted by these complicated times. Although technology provides efficiency to many daily tasks, parents fear what the overuse of screens and social media means to their children's social emotional development and relationships. While today's parenting landscape has changed dramatically, what children need to thrive has not. In this presentation, we'll explore:

- Parenting styles and their impact on our children's behavior
- What research says is the most important gift you can give your child
- How parental self-awareness contributes to more conscious, effective parenting
- When and how to praise your child
- How to encourage more empathy and compassion

#### **The Other Three R's: Keys to Developing Relationships, Respect and Resiliency**

Raising children in today's demanding, high stakes, over-scheduled, digital age is challenging. With what can be a hyper-vigilant focus on grades, scores and performance, let's take a timeout to consider what youth really need to be prepared for life. Learn specific strategies to help your children develop healthy relationships, respect themselves and others, and bounce back from failure. This workshop will also explore:

- Skills needed to build strong relationships
- The basics of the child and adolescent brain's capacity for learning new skills
- Five key requirements for raising respectful children
- Internal and external resources that support resiliency

#### **Social Emotional Skills: Essential for Success and Happiness**

Parents play a critical role in preparing their children for success in school and life. While strong academics are key, the research is clear – development of social and emotional competencies is also essential for success in all aspects of life. Skills such as problem solving, developing healthy relationships, stress management, conflict resolution, and resisting peer pressure are more important than ever. Learn how parents can teach and model these essential social and emotional skills:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making

## **Disconnect: Helping Your Child Power Down to Go Within**

Concern about how youth are dealing with the “always on” digital world is widespread and growing. For most kids, busy, stressful schedules do not allow down time, yet time spent in quiet self-reflection is essential to hear one’s authentic inner voice. Hear the latest research about the value of powering down and learn strategies to help your children thrive in an all-too-virtual-world. In this workshop participants will:

- Learn how to embrace (not fear) and self-manage technology
- Explore the teenage brain to understand why it is impacted by excessive screen time
- Be introduced to essential social emotional learning skills
- Experience the benefits of mindfulness
- Learn the benefits of disconnecting
- Develop strategies to support our children

## **GENDER SPECIFIC WORKSHOPS**

### **Helping Girls Thrive in Adolescence: A Toolbox for Helping to Create a Strong Sense of Self**

Being an adolescent/pre-teen girl has never been easy but today girls are challenged with so much more. With a focus on the social, emotional and biological challenges of adolescence, learn ways to help your daughter understand and appreciate her changing body, form healthy relationships, communicate effectively, and develop a strong sense of self. This workshop will introduce parents to five key components to help their daughters thrive:

- Self-awareness
- Self-acceptance
- Relationship skills
- Communication styles
- Empathy

### **Mean Girls? Understanding and Coping with Relational Aggression**

Eye rolling, drama, rumors and exclusion ... what can we do? Nearly all girls experience relational aggression (girl bullying) at some point. Research has shown that how girls interrelate during adolescence has profound lifelong implications. Parents can play a significant role in minimizing the pain and maximizing the critical life skills necessary to navigate these turbulent years. This workshop will answer these questions:

- What is relational aggression?
- How is it different from conflict?
- What are the factors that contribute to relational difficulties?
- What skills do girls need to navigate healthy relationships?
- What can parents do to intervene effectively?