

## Suggested Topics for Parent Education

- Te** • **Stress, Anxiety, and Our Kids**  
How to help our kids find balance with the pressures they face, how you can support them, building resilience, coping skills, mindfulness, and communication strategies.
- **Preparing for the Teen Years**  
What to expect and how you can come along side your pre-teens and teens to help them through this challenging transition.
- **The Middle School Years**  
Finding ways to connect, discuss social pressures, social media, and preparing your child for a smooth transition as they seek independence in middle school.
- **Understanding Daughters**  
Receive ideas and insights on how to strengthen your relationship and how to work through conflict while helping her grow into a well-adjusted young woman.
- **Understanding Sons**  
Raising boys into men of character, understanding their world and the challenges they are facing.
- **Just for Dads/Just for Moms**  
Relationship building.
- **Depression/Suicide**  
Signs to watch for and how to help.
- Te** • **What Kids Wish Their Parents Knew**  
Learn about the insightful answers that kids tell us in response to this question and how you can use this information to help you parent more effectively.
- Te** • **Parent/Child Relationships**  
How to build a stronger relationship with your kids and earn the right to be heard.
- Te** • **Preparing Your Child for College – Beyond the Academics**  
Preparing your child for a successful transition into adulthood; freedoms and changes that come with college life; tools to help you transition into the role of coach and prepare them to move into this new and exciting phase of life.
- Te** • **Helping Your Child Build Resilience**  
Practical, tangible things you can do to teach your child how to better bounce back from disappointments, setbacks and failures.
- **Family Endurance**  
Key steps for your family to survive current subcultures and trends including social media, prescription drug abuse, drugs, sex, parties, depression and suicide.
- Te** • **Discussing Screens & Teens – With My Teen –** A workshop bringing parents and students together to discuss issues such as cyberbullying, safety, screen usage, and time limits. Gain new tools, a better understanding of each other, and fresh ideas to take home and put into practice.
- **Screens and Teens**  
An in-depth talk about parenting in a digital world, the influence of social media on our kids, ideas on setting limits and monitoring use, and keeping your kids healthy and safe.
- Te** • **Hands on Help for Today's Digital Family**  
Keep your child safe with hands-on training to implement safety features on various devices. Bring your device with you!
- **Bullying/Cyberbullying**  
Prepare and protect your child from bullying and cyberbullying.

*Most of our topics can be presented to parents and students together  
For additional topics or information contact [julie@teenesteem.com](mailto:julie@teenesteem.com)*