

SUGGESTED TOPICS FOR PARENT EDUCATION

PARENT ED TOPICS:

- **How to Raise Kids to Have Grit & Resilience**
Gain practical takeaways to teach your child how to be resilient and bounce back from disappointments, setbacks and failures.
- **Healthy Ways to Navigate a Step Family**
Step families are different and require extra effort, especially when children are involved. Learn with us how you can make this transition a lasting and rewarding experience for everyone involved.
- **Toxic Stress**
Children today need to find balance while being barraged with many pressures. Learn how to support them and help them build resilience, coping skills and communication strategies; as well as the ability to recognize when they need help.
- **What Kids Wish Their Parents Knew/
What Teens Wish Their Parents Knew**
Hear insightful answers KIDS TELL US in response to this question and learn how you can use this information to parent more effectively.
- **Earning the Right to Be Heard**
Discover the current trends among teens and gain effective communication tools to build a stronger, healthier relationship with your kids.
- **Preparing Your Child for College –
Beyond the Academics**
Discuss ways to prepare your child for a successful transition into adulthood and freedoms/changes of college life. Equip yourself with tools for a coaching role and explore how to help your child move into this exciting and more responsible phase of life.

- **Kids and Their Screens**
An eye-opening talk on parenting in a digital world; hear about the influence social media has on our kids and learn how to set limits and monitor use.
- **Vaping, Marijuana, Drugs & Alcohol:**
Learn about these rising teen trends while gathering tools on how to help your kids make healthy choices. Also, come for a dose of encouragement and insight on what to do if you find out your kid has already engaged in these dangerous trends.

WORKSHOPS:

- **What Teens Wish Their Parents Knew Workshop**
This extraordinary workshop is **for parents and kids!** Our dynamic speakers facilitate interaction and conversation. Students will walk away feeling heard, parents will walk away feeling more connected to their kids and better equipped to help them navigate the ever-changing youth culture.
*This workshop can be done with or without a student led panel that gives insight and personal touches to the topics that are covered
- **Tweens, Teens and Screens...and Parents**
This workshop brings **parents and students together** to discuss the pros and cons of our screen use. We will examine issues such as cyberbullying, safety, screen usage and time limits. Walk away with some new tools, a better understanding of each other, and fresh ideas to put into practice.
- **Hands On Help for Today's Digital Family**
This unique workshop is perfect for busy parents who need to set aside some time to understand and implement safety features on your devices. **Bring in your smartphones, iPads, laptops,** etc. and we will walk you through step by step!

For additional information or to book a presentation contact Julie@TeenEsteem.org