



# THE PARENT TEAM

HELPING FAMILIES THRIVE

WORKSHOP SUMMARIES





## OUR WORKSHOPS

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Parents want the best for their children! They want to help them develop confidence and motivation. They want their children to listen and cooperate, and be willing to try hard and persevere when things get tricky. They want them to become resilient and able to handle upset and frustration. They want their children to reach their potential, have great friendships and much more. In short, they want their children to thrive.

*The good news is that parents can achieve all this with some basic positive parenting techniques!*

This workshop covers the following topics:



### UNDERSTANDING BEHAVIOUR

We offer an insight into brain structure and cognitive development to help parents develop realistic expectations about how children typically behave.



### GROWING SELF-ESTEEM AND INCREASING COOPERATION

We discuss how paying attention to children's positive behaviour, using Descriptive Praise, nurtures their self-esteem and also improves their levels of cooperation.



### DEVELOPING EMOTIONAL INTELLIGENCE

We explain how parents can teach their children to recognise and manage their emotions effectively. This helps strengthen children's ability to self-regulate and also increases their resilience.



### PREPARING CHILDREN FOR NEW AND CHALLENGING SITUATIONS

We explore the best ways to prepare children to cope with new or challenging situations. By talking and practising ahead of time, children are more able to do their best.



## FINDING A CALMER PARENTING STYLE

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Being a parent is hard work and it can be stressful at times. When children are rude, demanding, and un-cooperative, and when they provoke their siblings, or deliberately ignore or flout the family rules, most parents are pushed to shouting, blaming and threatening.

Sadly, these negative reactions are not only ineffective at improving behaviour, they also increase tension and stress within the family.

*Learning calmer and more effective responses to children's behaviour reduces stress within the home and leads to optimal outcomes for children.*

This workshop covers the following topics:



### UNDERSTANDING OUR REACTION TO OUR CHILD'S BEHAVIOUR

We look at why parents have such strong emotional reactions to particular behaviours in their children. We learn how these reactions are driven by expectations and assumptions that are hard-wired into our brain.



### DEVELOPING CALMER AND MORE EFFECTIVE RESPONSES

We explore aspects of children's development and temperament that affect their behaviour. We explain how to re-frame these expectations and assumptions and identify ways to respond more calmly and effectively to negative behaviour.



### MANAGING STRESS

We discuss several practical ways to manage stress and improve general well-being. This is fundamental to our ability to parent in a proactive and positive manner. It also boosts our confidence and makes parenting more enjoyable!



## DEVELOPING EMOTIONAL INTELLIGENCE

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Research continues to confirm that it is one of the key predictors of life satisfaction and achievement. Emotional Intelligence includes being able to recognise and regulate our own feelings, as well as empathise with others' feelings without judgement. EI helps children be more thoughtful and considerate, and leads to improvements in their behaviour and communication. Emotionally intelligent children experience stronger connections in their relationships, benefit from greater focus and resilience, and develop stronger problem-solving skills.

This workshop covers:



### THE ROLE OF EMOTIONS AND THEIR INFLUENCE ON BEHAVIOUR

We explore how our emotions affect our actions, and how unexpressed emotions can result in poor behaviour and lower self-esteem. When parents can identify and accept the emotions behind their child's behaviour, they respond more effectively when their child is struggling, upset or frustrated. This approach also means children feel understood and are more willing to share any concerns and worries with their parents.



### HOW BRAINS PROCESS EMOTIONS

We discuss how the human brain processes emotions, with reference to Professor Steve Peter's Chimp Paradox. We explain how the way parents respond to their children, and the words that they use, influence whether the emotional or logical parts of their child's brain is sparked into action.



### BEING AN EMOTION COACH

We share how parents can be Emotion Coaches for their children. We look at how Emotion Coaching can work in a number of different scenarios, including how parents can best respond to tantrums, helping their children through difficult times, and the inevitable disappointments and challenges of life.



## UNDERSTANDING & INCREASING MOTIVATION 5

Children are naturally highly motivated – just not always in the ways that parents (or teachers) like or understand. It's entirely natural that children are not motivated to want to do things like homework, tidying toys, brushing teeth or many of the other daily tasks they are asked to do at home or at school.

*Levels of motivation are closely linked to feelings of safety, autonomy, and pleasure and when we understand how it works, it's possible to nurture and grow it, in ourselves and in others!*

This workshop covers the following topics:



### THE SCIENCE OF MOTIVATION

We explain the differences between negative and positive motivation, and between intrinsic and extrinsic motivation. We also look at the different stages of the learning process for children and how their motivation changes over time. We discuss the neuroscience behind motivation, including the key role of sleep and how dopamine affects motivation.



### 5 WAYS TO INCREASE MOTIVATION

We share how parents can use positive parenting techniques to fulfil children's fundamental needs to feel safe, accepted and successful, to have a sense of autonomy and to experience pleasure. This includes how parents can foster a Growth Mindset and respond to their children's worries so children feel more willing to do what they need to do. We explain the most effective ways to give instructions and practical ways to create the optimum environment at home so children feel inspired and empowered to engage with their schoolwork and fulfil their potential.



## DEVELOPING HEALTHY FRIENDSHIPS

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Friendships can be supportive and affirmative and give children a sense of belonging. Being with good friends can bring out the best in children, allowing them to experience trust and intimacy outside the family.

Friendships can also be troublesome. Some children find it hard to make or keep friends. Most children experience some difficulties with friendships. Exclusions, name-calling, tale-telling and aggressive behaviours are upsetting for children and their parents.

This workshop covers the following topics:



### UNDERSTANDING FRIENDSHIP GROUPS & DYNAMICS

We examine how different friendship groups for boys and girls work. We explore how to encourage and nurture the positive behaviours and skills' needed to make and be a 'good' friend.



### DEVELOPING & PRACTISING SOCIAL SKILLS

We share practical ways to help children develop essential social skills such as conversing, playing, negotiating, turn-taking and compromise. We also look at ways parents can nurture the development of healthy friendships.



### RESPONDING TO FRIENDSHIP UPSETS & BULLYING

We discuss how parents can support children through the various challenges of friendships. We teach ways to build children's self-esteem so it's less likely they will be targeted, and ways that children can respond to teasing to reduce the chances of it recurring or escalating. We also promote ways to help children become 'active bystanders' to make teasing and bullying unacceptable at home or school.



Technology is central to all our lives, and our children use devices for education, socialising, entertainment and relaxation'. Many parents worry about their children's digital use and are finding it hard to break Lockdown habits.

*Parents play a key role in helping their children acquire healthy digital habits for the future so they can maximise the benefits of the online world, and still enjoy and engage in offline activities.*

This workshop covers the following topics:



### ESTABLISHING COMMUNICATION AND CONNECTION

We discuss how to have open and honest conversations about technology within the family. When parents try to restrict and control access, it leads to arguments, rebellion and resentment. Privacy settings play an important role but this workshop focuses on helping parents teach their children to be safe and responsible online, just as we teach them to safe and responsible in the real world. When children are comfortable, and accustomed to, talking with parents about their online activities they are more likely to ask for help if they are worried or get into trouble.



### SETTING AND UPHOLDING RULES ABOUT TECHNOLOGY

We explore how to create and maintain limits and boundaries for the online world and digital use at home. This dramatically reduces the battles and arguments which are so exhausting.



### HELPING CHILDREN TURN OFF AND RE-ENGAGE OFFLINE

We discover why it is so hard for children to log off and transition to other activities. Then we look at how to respond empathetically and effectively in these moments so our children (slowly!) become more able to regulate their digital use for themselves. We also discuss how to boost our children's enjoyment of non-digital activities.





## FOSTERING HARMONY & RESOLVING CONFLICT BETWEEN SIBLINGS

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Getting along with a sibling is a surprisingly complex matter. As children struggle to work out how to get along and share their lives it often results in whining, arguing, complaining, tale-telling, provoking and name-calling that all parents find challenging!

*When parents know how to nurture the sibling relationship and the most effective way to respond to moments of conflict, it creates a more harmonious and peaceful atmosphere at home.*

This workshop covers the following topics:



### UNDERSTANDING THE SIBLING RELATIONSHIP & CAUSES OF CONFLICT

We discuss the dynamics within the sibling relationship and identify major causes of conflict. We also look at some of the ways parents contribute to sibling rivalry as they try to create peace!



### FOSTERING HARMONY BETWEEN BROTHERS & SISTERS

We explore practical ways parents can help their children develop a positive relationship with each other. This includes how we can encourage positive interaction and develop the vital social skills children need in order to enjoy their time together. We look at how we can help our children develop emotional awareness and self-regulation so they become more tolerant of each other, and we discuss the importance of family rules to minimise arguments and disagreements.



### HELPING SIBLINGS RESOLVE CONFLICT

We share the most effective ways to intervene in sibling arguments and fights that lead to improved behaviour, and also nurture the sibling relationship. We find out how to help children learn to recognise and resolve their differences and disputes for themselves. These invaluable conflict resolution skills will help them in other areas of their life too!



Parents are understandably concerned about reported rising levels of anxiety in children. They want to know the difference between 'normal' childhood fears and concerns and identify any worries that may be impacting their child in a significant way. They want to know what to do when their child is scared and overwhelmed and feels unable to do what they need to do, and enjoy doing.

*When we understand how anxiety works, we can help our children learn to manage their fears and concerns in a positive way.*

This workshop covers the following topics:



## UNDERSTANDING CHILDHOOD FEARS & WORRIES

Anxiety makes us aware of potential dangers so we take action to stay safe, or perform at a higher level. Our 'nerves' keep us alert and ready to respond, but we also need to recognise when we are not at risk. We discover how our brains and bodies respond when we feel scared and worried and what we need to do in these moments. We look at common causes of anxiety in children, including worries related to development and temperament, and the typical ways children display their fears.



## MANAGING ANXIOUS FEELINGS



We examine the best ways to respond when children are anxious. We also explore how our own anxiety can affect our families and what we can do about it.

## REDUCING STRESS AND DEALING WITH OVERWHELM

We discuss how to minimise stress at home and how to help children cope with feelings of overwhelm in the moment. Learning coping and calming techniques means children learn to self-regulate and become more able to handle stressful situations.



## PREPARING FOR THE TEENAGE YEARS

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The teenage years are often viewed with some trepidation or anxiety. The changes in the adolescent brain and body can impact self-esteem, relationships and behaviour. Parenting strategies that may have worked earlier often become counter-productive and need to be adapted during the teenage years to allow optimal development.

This workshop covers the following topics:



### UNDERSTANDING THE TEEN BRAIN

We share insights into the changes taking place in the teen brain as it evolves and adapts to become the mature adult brain. The re-wiring can lead to some erratic and challenging behaviour, and brings a desire for risk and an increased orientation towards their peers. It also enables higher cognitive and emotional skills.



### COMMUNICATING WITH TEENS

We discuss the most effective ways to talk to and listen to teenagers. This helps them improve their ability to think ahead, solve problems, develop judgement and be considerate of others. It also protects the parent/teen relationship and increases the likelihood they will seek help and support.



### NURTURING TEENAGE SELF-ESTEEM

We explore how parents can nurture their teenager's self-esteem which is particularly vulnerable during these years.



### UPHOLDING BOUNDARIES

We examine how parents can establish and uphold appropriate boundaries with teenagers. This is particularly important for helping teenagers manage typical hot spots such as the use of technology and social gatherings.



## RAISING GIRLS: PROTECTING AGAINST PERFECTIONISM & GROWING SELF-ESTEEM

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A strong self-esteem is vital for girls to fulfil their potential and cope with the inevitable frustration and challenges of today's highly competitive world. And yet many girls struggle with their sense of self-worth. They can fall prey to perfectionist tendencies and find it hard to cope when things go wrong.

*There are many ways that parents can foster a strong and healthy self-esteem in their daughters and encourage a healthy attitude to challenge and setbacks.*

This workshop covers the following topics:



### UNDERSTANDING PERFECTIONISM

We discuss different types of perfectionism and associated behaviours as well as the different causes of perfectionism. We reveal why girls are particularly vulnerable to perfectionism and how parents can identify if their daughter is developing perfectionist habits. We explore how parents can encourage their daughters to be 'healthy strivers'.



### NURTURING SELF-ESTEEM

We discuss how a healthy self-esteem is the best protection against developing perfectionist traits. We look at how parents can strengthen their daughter's self-esteem by giving positive attention and effective praise and also how to validate their daughter's feelings.



### DEVELOPING CONFIDENCE & COMPETENCE

We discuss the importance of allowing girls to develop autonomy and independence so they grow in confidence. We look at how parents can help their daughters develop a positive attitude and response to mistakes.



Friendships are very important to girls. In order to be successful in this important area of their lives, every girl needs to acquire crucial social skills to be able to choose and be good friends, and to know how to manage the inevitable friendship friction.

*After an extended period of isolation from their friends, it has never been so important for girls to receive support from their parents in this area.*

This workshop covers the following topics:



### UNDERSTANDING GIRLS' FRIENDSHIPS

We examine the different types of friendships between girls and the various needs girls have from their friendships. We look at the different ways they manage their friendships at different stages in their lives.



### HELPING GIRLS FOSTER HEALTHY & POSITIVE FRIENDSHIPS

We share several practical ways that parents can help their daughters develop the all-important social and emotional skills to create and sustain fulfilling and enjoyable friendships.



### SUPPORTING GIRLS IN FRIENDSHIP DIFFICULTIES

We discuss effective ways parents can support their daughters when their friendships fall apart, and give examples of how she can repair or leave a friendship. We explore what parents can do when they're concerned about their daughter's friends, and how they can help their daughter if she is subjected to teasing and bullying.



## RAISING GIRLS: HARNESSING THE POWER OF WORDS

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Words are particularly important to girls. Talking is the main way they express themselves in order to engage and build connection with others, rather than with action. Talking is also how girls (and women!) process their feelings, and also release pent-up emotions.

Words are very powerful – they can create and heal relationships, but they can also hurt.

*Girls are particularly vulnerable to the words that parents use, and parents need to become skilled at deciphering the true messages behind their daughter's words.*

This workshop covers the following topics:



### UNDERSTANDING HOW GIRLS COMMUNICATE

We reveal how girls try to communicate with words, and constructive ways to respond to avoid verbal shut-downs and conversational dead ends. We share how parents can hear the real messages behind their daughter's words, and interpret the codes so they can understand what their daughters are longing for their parents to know.



### INTERPRETING NON-VERBAL COMMUNICATION

We discuss the messages girls send (and receive!) with body language and tone of voice. We look at how parents can identify the 'meta' messages behind their daughter's words, and how they can re-frame meanings attached to words in order to keep connection.



### IDENTIFYING WORDS THAT HEAL AND WORDS THAT HURT

We highlight specific words that parents can use to strengthen the relationship and build self-esteem, and specific words to avoid using with their daughters. We examine typical situations to understand what words will work most effectively and how parents can respond with compassion and support, even when their daughter is upset and overwhelmed.



## RAISING BOYS: MANAGING BEHAVIOUR & INCREASING COOPERATION

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Boys have many positive qualities and strengths that we want to encourage, yet some of these present challenges to parents, teachers, and to boys themselves. Much of their behaviour can be seen as unruly, aggressive or overly competitive. Many parents worry about their sons' difficulties following instructions or rules, and a general lack of listening and cooperation. They want to know how to deal with misbehaviour effectively.

*There are several ways parents can help their sons do and be the best version of themselves!*

This workshop covers the following topics:



### UNDERSTANDING DEVELOPMENT OF BOYS

We explore aspects of brain structure and wiring in boys, as well as other influences on boys' behaviour including their physical development, their language skills and motivations, and how they process information and relate to their peers and friends.



### ENCOURAGING POSITIVE BEHAVIOUR

We discuss how we can use positive attention and praise to promote positive behaviour in boys. We look at how we can direct their competitive spirit in the right direction, without becoming overly aggressive, and how they can channel their energy in appropriate ways.



### INCREASING COOPERATION AND FOLLOWING RULES

We share the most effective ways to give instructions to boys, and how to motivate them to cooperate. We discuss how to pass on our family values and help boys withstand peer pressure.



### RESPONDING TO MISBEHAVIOUR

We explore the most constructive ways to respond to misbehaviour so our sons learn to accept responsibility and improve their behaviour, without having to resort to punitive techniques which damage relationships.



## RAISING BOYS: NURTURING EMOTIONAL INTELLIGENCE

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It's never been more important to help boys develop emotional intelligence, learn tolerance and empathy for others, and be able to communicate effectively. We want boys to feel confident about their natural qualities and the many positive male attributes. We also want them to be able to self-regulate, handle upset and setbacks and develop healthy friendships. We want them to be willing to seek help and advice when they need it.

*There are ways that parents can talk and listen to their sons that nurture boys' self-esteem, strengthen the parent/son relationship with them, and boost boys' problem-solving skills and resilience.*

This workshop covers the following topics:



### UNDERSTANDING THE NATURE AND NURTURE OF BOYS

We look at some of the key differences (and similarities!) between boys and girls, and how these differences affect the way they feel, think and behave.



### DEVELOPING EMOTIONAL INTELLIGENCE

We share skills to grow boy's emotional intelligence and ability to self-regulate. Being able to recognise and express their emotions positively leads to better communication skills and relationships. It also means boys develop empathy and tolerance for others. When we know how to listen and talk to our sons, they turn to us for support and guidance.



### ENCOURAGING POSITIVE ATTITUDES TO EFFORT & FAILURE

We discuss how to help boys develop a positive attitude to schoolwork, and other challenges. This means they feel less need to protect themselves from failure, or prove themselves in other ways, and become more resilient in the face of setbacks and disappointments.



### PREPARING BOYS FOR DIFFICULT SITUATIONS & CHALLENGES

We explore the best ways to hold productive conversations with boys so they feel empowered and capable to handle friendship challenges, as well as other potentially sensitive or difficult issues.





Starting school is an important milestone in every child's life, and also in their parents' life! The transition to primary school is a big change and parents want to know how to prepare their child so they adapt as well as possible to the new environment and thrive at school.

*Parents can help pre-schoolers develop the confidence, emotional regulation and social skills that will get them off to a great start in Reception. This also strengthens children's learning potential and their ability to make and sustain positive friendships.*

This workshop covers the following topics:



### **GROWING CONFIDENCE AND SELF-ESTEEM**

We discuss the optimal ways to pay positive attention to our children that boosts their sense of self and also their motivation and ability to behave well. Descriptive Praise improves the general atmosphere at home and strengthens the connection between parent and child.



### **DEVELOPING RESILIENCE AND SELF-REGULATION**

We explore how to help young children recognise and manage the many emotions associated with leaving nursery and starting school. This approach boosts their Emotional Intelligence and increases their ability to self-regulate and makes them more resilient to upset and frustration.



### **INCREASING COOPERATION AND SOCIAL SKILLS**

We share practical steps to help children settle into their new environment and train them in some vital social skills. These include being able to listen to and follow instructions, make new friends and acquire basic competences and skills so they can thrive at school.



## PREPARING FOR SECONDARY SCHOOL

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Starting secondary school is a major step for children in the journey towards adulthood and independence. Depending on their temperament and prior experiences, children will have different feelings and thoughts about the transition but they all experience some level of anxiety about the change and the challenge ahead.

*Parents can help their children prepare on a practical and an emotional level to leave the familiar environment and routine of primary school behind, and get off to the best start possible at secondary school.*

This workshop covers the following topics:



### **BUILDING CONFIDENCE & COMPETENCE**

We discuss how to strengthen children's confidence by using evidence-based praise to highlight their abilities and qualities so they believe in themselves. This is particularly important during periods of change, and as children head towards adolescence when there is a well-documented decline in self-esteem.



### **HANDLING EMOTIONS & WORRIES**

We explore how parents can help their children manage the array of different (and even conflicting) feelings about the move, so these feelings are not suppressed or released in negative behaviour but can be expressed appropriately.



### **PREPARING FOR CHANGE & CHALLENGE**

We share practical training tools to help parents prepare their children for the new routine, environment, culture and social aspects at secondary school. Just like adults, children do their best when they have an understanding of what lies ahead, and have a chance to discuss and practice what they will be required to do.