Parenting and Teacher Presentations

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Priceless® Parenting

Presentation Topics for Parents and Teachers

Anger and Consequences Versus Empathy and Solutions (Ages 3 - 18)

It's natural to feel angry when children misbehave. However when we respond with harsh words and consequences, the children's focus often turns to our response instead of their poor choices. We'll look at why blame and shame don't work well and how empathy can lead to solutions to children's problems.

At the end of this presentation, participants will be able to:

- Explain how our brains are effected by strong emotions like anger
- List three components of children's anger along with examples
- Define the terms empathy, shame, guilt, embarrassment and humiliation
- Demonstrate two approaches for responding with empathy then followed by identifying solutions

Bringing Out Their Best: Providing Guidance While Avoiding Pitfalls (Ages 3 - 18)

Your parenting approach can help bring out the best in your children. We'll look at different parenting styles along with benefits and drawbacks. We'll discuss matching our parenting to our children's growing needs.

At the end of this presentation, participants will be able to:

- State the benefits and drawbacks of four different parenting styles
- Demonstrate using each style in a given parenting situation
- Match your parenting style to your children's changing needs
- Identify ways you may be doing too much for your kids

Bullying and Kids: Strategies for Dealing with Bullying (Ages 6 - 15)

Bullying affects all children whether they are victims, bullies or onlookers. What is considered bullying? What can you do to help your children if they are being bullied? What if they are the bully? Discover answers to these questions and more!

At the end of this presentation, participants will be able to:

- Define what is considered bullying
- Describe what can you do if your children are being bullied or are bullying
- Identify the different roles kids play in bullying situations
- Teach your kids skills to prevent bullying

Growing Your Preschooler's Brain (Ages 1 - 5)

Your child's brain goes through major developmental changes in the first few years and you play a vital role in shaping that development! Find out how you can help your child develop the social skills, language skills and behavior traits that will lead to success in grade school.

At the end of this presentation, participants will be able to:

- Explain the critical systems that are developing in preschoolers' brains along with important ways children's environment affects that development
- State the recommended amount of screen time for young children along with the amount of actual time research shows they typically have
- Play at least five games that help improve preschoolers' impulse control and self-regulation
- Recognize when preschoolers are out of emotional control and be able to use at least five different approaches to help them regain control

Guiding Teens On the Bumpy Road to Independence (Ages 13 - 18)

How do you balance trying to keep teens safe while also allowing them increasing freedom? How do you deal with teen attitude? We'll discuss helping our teens to grow into adults who can thrive on their own.

At the end of this presentation, participants will be able to:

- Describe developmental changes influencing teen behavior
- Match your parenting style to support your children's growing independence
- Identify what limits you still need to set
- Discuss with teens new freedoms along with associated responsibilities

Helping Your Kids Succeed in School (Ages 5 - 18)

You want your kids to be successful in school but it's easy to do things that unintentionally do more harm than good. We'll explore how you can support your children's success while allowing them to have ownership.

At the end of this presentation, participants will be able to:

- Identify healthy habits for school success
- Describe homework environments that work well
- Engage with kids to find solutions when they are not motivated to do their homework
- Work with kids to generate plans for dealing with school problems

"Stop Fighting!": Handling Conflicts Between Children (Ages 1 - 10)

When kids play together, there are bound to be conflicts. We'll discuss overcoming factors that contribute to poor behavior, setting limits, enforcing rules and guiding children to resolving their disputes.

At the end of this presentation, participants will be able to:

- Describe how different perspectives can lead to conflicts
- List ways you can minimize factors that contribute to fighting
- Teach kids options for handling conflicts
- Guide children to resolving their own conflicts

Taking the Stress Out of Parenting (Ages 1 - 12)

When we handle parenting challenges in positive, effective ways, we build our relationships. We'll discuss setting effective limits, using discipline which teaches, responding with empathy and avoiding arguments.

At the end of this presentation, participants will be able to:

- Describe how the brain responds to stress
- List three ways to give children control on their terms
- Develop a plan for setting an effective limit that is both kind and firm
- Demonstrate a process for guiding children to solve their own problems

The Wild, Wild Web: Keeping Your Kids Safe in the Digital World (Ages 6 - 18)

Digital media gives our kids access to an amazing wealth of possibilities. It also allows them to get into serious trouble with the click of button. We'll discuss guiding your kids around their use of the internet, cellphones, social media and video games.

At the end of this presentation, participants will be able to:

- Describe the potential dangers and associated safeguards with the internet, social media, video games and texting
- Set appropriate limits on kids' use of technology
- Discuss concerns with kids about their use of technology and come up with agreements
- List ways to keep up with technology changes that affect children

We Need to Talk! Handling Difficult Conversations Well (Ages 6 - 18)

A discussion where emotions are high, opinions differ and the stakes are important is challenging to handle well. Knowing how to approach the conversation in a constructive way will improve the results. We'll explore ideas for clearly communicating, finding mutually acceptable decisions and responding if it starts getting off track.

At the end of this presentation, participants will be able to:

- State clearly the goals of an intended conversation
- Begin a conversation using welcoming words
- Identify when participants are pulling out of the conversation through silence or aggression
- Use strategies to create safety so that the participants remain in the conversation
- Generate an action plan based on the conversation

"Why Can't You Behave?" Ideas for Positively Handling Misbehavior (Ages 1 - 12)

It is critical to develop effective skills for responding to misbehavior. We'll talk about developmental challenges, setting a positive tone, strategies for handling misbehavior and setting firm limits in a kind way.

At the end of this presentation, participants will be able to:

- Describe developmental changes in children that lead to challenging behavior
- List multiple strategies for positively handling misbehavior
- Make a request to a child using a positive tone rather than a negative tone
- Demonstrate setting firm limits in loving ways

Topics for Early Childhood Educators

Responding in Healthy Ways to Kids' Challenging Behavior (Ages 1 - 8)

When young children have stressful home lives, their behavior often reflects that stress. Trying to eliminate the poor behavior without acknowledging the underlying issues does not work well. We'll explore how to talk to kids about their strong feelings and give them better tools for expressing those feelings. We'll also look at controlling our own anger so that we avoid blame, shame and harsh words. When we can respond from a place of empathy, we can guide children to finding better solutions to their problems.

At the end of this presentation, participants will be able to:

- Explain how our brains are effected by strong emotions like anger
- Generate at least three ideas for improving your relationship with a child who has challenging behavior
- Demonstrate using the FLIP method to respond to challenging behavior
- Demonstrate using Collaborative & Proactive Solutions to find a solution to a repeating behavior problem

Healthy Use of Technology for Tots (Ages 0 - 5)

Tots love screens! How can screens be used in ways that are healthy and helpful for young kids? What limits need to be set around screens? We'll discuss these questions and also look at examples of successful uses of technology in preschools.

At the end of this presentation, participants will be able to:

- State the technology recommendations for children ages 5 and under as defined by AAP and NAEYC
- Generate a list of at least 5 characteristics to look for in healthy technology use for young children
- Evaluate the strengths and weaknesses of various technologies for use in early childhood classrooms

Learning Through Experimenting for Young Children (Ages 1 - 5)

Babies and preschoolers are a lot like little scientists. They are excellent at creating a hypothesis and then testing it out against the evidence. They quickly learn from their experiments. Discover how you can harness their natural curiosity in ways that encourage them to experiment. Pick up ideas from researchers and other preschool teachers for creating environments that engage children in ways that lead to learning.

At the end of this presentation, participants will be able to:

- Describe research demonstrating on how young children learn like scientists

- Identify activities that encourage kids to experiment using water and various household items
- State how digital devices effect a child's experimenting
- Generate ideas for allowing children to experiment within your own classrooms

Sharpening Young Kids' Self-Awareness Through Their Senses (Ages 3 - 8)

Young children are naturally curious about how their bodies work. You'll learn to help them understand how their brains respond to stress and how to calm down. When you teach them to carefully observe what they are seeing, hearing, smelling, tasting or feeling, it increases their self-awareness and self-regulation. We'll explore fun ways to introduce children to being mindfully aware of their bodies and surroundings.

At the end of this presentation, participants will be able to:

- Explain three key parts of the brain and how they work together during stress
- Identify behaviors indicating a child is getting too much or too little sensory input
- Lead children through a simple mindfulness exercise
- Describe activities that can help increase children's awareness through listening, seeing, smelling, tasting and moving

Talking to Parents About Setting Limits On Kids' Technology Use (Ages 0 - 8)

Talking to parents about their kids' use of technology can be touchy. How do you approach parents when you believe their child is spending too much time on screens or perhaps viewing inappropriate things? How do you set expectations for parents around their own technology use when dropping their kids off or picking them up? We'll discuss these questions and more!

At the end of this presentation, participants will be able to:

- Identify behaviors indicating a child is getting too much screen time or viewing inappropriate things
- Generate a plan for having a conversation with the child's parents
- Describe strategies for handling parents who become upset during the conversation
- Create a plan for clearly stating expectations around parents' use of technology when dropping their kids off or picking them up

Scheduling a Presentation

Email Kathy@ PricelessParenting.com or call 425-770-1629 to schedule your presentation.