

Parenting Workshops... “From Toddlers to Teens”

Under the expert direction of parent educators from Family Services Ottawa, the following one to two-hour interactive workshops are available for presentation to your group or organization. We offer valuable *tips and techniques* on a wide variety of parenting issues.

If there are other subjects that interest you, please let us know and we can customize a workshop to meet your needs.

For more information, please contact Margo Sargent at 613-725-3601, ext. 108 parenting@familyservicesottawa.org

Beyond Time Outs

Especially for parents of toddlers to pre-teens, this workshop explores the difference between discipline and punishment, offers valuable advice on setting reasonable and workable limits for your children, and a whole lot more!

Anger Management... Especially for Parents

All parents experience anger – but there are ways of dealing with this common emotion in a positive way. This workshop covers techniques for managing your anger and for channeling it into an effective discipline experience.

Anger Answers for Children

If you have a child between the ages of 2 and 6, and you’re at a loss as to how to handle his or her anger, this workshop is for you. You’ll learn how to better understand where their anger is coming from, and how to help your child express themselves more effectively.

Building Your Child’s Self-esteem

In this thought-provoking workshop, you’ll discover ways to guide your child towards positive self-esteem by gaining a better understanding of self-esteem and the impact that it has on your child’s life, and by learning how to help your child build a positive self-image.

Parenting... It's a Tough Job

This workshop includes a dynamic exploration of the many challenges and opportunities facing parents of children between the ages of 6 and 12.

Skills for Life

Our wish for our children is that they develop the skills that they need to become independent, self-sufficient, and successful adults. This workshop provides you with valuable tips on how to work with your children every day to develop these vital life skills.

Supporting Your Anxious Child

In this workshop, we define anxiety/stress and discuss how it manifests in children. We will examine typical childhood fears that emerge as children develop. "Core" strategies to support your child such as: comfort and connection; learning from our mistakes; establishing consistent daily routines; and relaxation techniques will be explored with plenty of practical "real life examples" and scenarios. We'll conclude the workshop with some tips on where/how to seek out professional support if needed and practical resources for you to take home. This 2 hour workshop is suitable for parents, caregivers and educators who support children aged 4-12 years old.

Parenting Your Teen Just got Easier

Knowing what to say, what to do and how to connect with your teen can be hard to figure out. In this lively workshop we'll introduce you to 6 principles for parenting teens that will make your parenting easier.

Parenting Teens - 4 Part Series

Effective communication

Does your teenager communicate to you in one syllable words only?
Want your teenager to listen to you?

We'll take a comprehensive look at ways to communicate more effectively with your teenager through:

- Effective listening
- Sending clear messages
- Building positive relationships

Effective discipline techniques

Are you finding that discipline techniques that worked at 6 no longer work at 16 or maybe they never did?

We'll take a comprehensive look at ways to discipline more effectively and explore strategies for making parenting less stressful and more rewarding – for everyone:

- Understanding your teen and what's 'normal'
- Discipline vs. punishment
- Building trust and respect
- Effective discipline techniques: rights vs. privileges, routines, setting limits, logical consequences and lots more.

Dealing with peer pressure, sex, drugs and everything else

Worried about who your teenager is hanging around with and what they're doing out there?

We'll take a comprehensive look at ways to arm your teenager with the skills and confidence they need to deal with:

- Peer pressure
- Drugs
- Alcohol

Building skills for life

Are you worried that your teenagers aren't prepared for the future, can't handle money, cook or do a laundry?

We'll take a comprehensive look at methods to help you teach your teens the skills that they need to become independent self-sufficient adults:

- Living skills vs. life skills
- Managing money, relationships, personal care...
- Chores – isn't a bad word

Get the *parenting edge!*