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change your parenting story

**Webinars
2021**

Harmony at Home for all ages

1 Being at Home with the Kids - How to thrive

We are living in a time where the only constant is change and we are all having once again to adapt rapidly to not just working from home (WFH) , but also managing the home schooling (HS). The role stretch for every parent is huge, and whilst we are all aware that we can't pour from an empty cup, the reality of life for many, is we are stretched way too thinly.

Once again we will have to adjust our expectations and put in place lots of new routines.

This talk looks at some practical ways you can make WFH and HS work for you. We look at how to support our children emotionally with all the changes, how to help them be more cooperative and to adjust to this new normal. We examine what routines to ditch and what to keep, and how we can set up for success with the impending return to school.

2 Bringing Out the Best in Your Children

Most parents agree that they want to bring out the best in their children. For them to be confident, cooperative and considerate. To try their best and persevere and deal with any set-backs. Confident children are happy children; children who are willing to try new things to do their best.

This webinar will teach you practical techniques to help your children feel good about themselves and allow their confidence, motivation and behaviour to improve and to be the best they can be.



3

How to develop your child's emotional Intelligence

Do you want your children to develop good communication skills, problem solving abilities and emotional literacy? Children are sometimes reluctant to talk about anything that is bothering them, making it difficult for parents to help. Unexpressed feelings often come out in poor behaviour. When children put their feelings into words parents can respond to this more effectively.

This webinar will give you new skills to build real rapport and closeness with your children so that they talk to you more about their lives and feel understood. It demonstrates skills that allow parents to help children to recognise, process and manage their emotions. It also teaches ways to encourage children to be more considerate and thoughtful.

4

Fostering Sibling Harmony

Do your children bicker, argue or fight? Do they come to you complaining about each other or telling tales? Parents can find it very upsetting to witness their child being cruel to his/her sibling and get tired of the endless quibbling and niggling and the noise. This webinar will give you practical skills to help your children be more tolerant and considerate of each other and resolve arguments successfully.

I will show you how much can be done to make it easier for your children to like each other. We will look at the causes of the rivalry and teach you many practical, well-tried solutions to help reduce the fighting and create a more harmonious environment. We will also look at effective ways to intervene without appointing yourself judge and to help the children resolve their own disputes. This webinar covers conflict resolution skills that will equip them for life.



5

Positive Discipline : Finding the balance of firm and fair

Many parents find disciplining their children one of the hardest parts of the job. They often feel they swing from being too lenient to overly harsh. Parents want to ensure that their children are respectful and cooperative and often want to find ways of achieving that without being dictatorial or punitive and may not want to repeat patterns from their own childhoods.

We need our children to learn right from wrong but we don't want to do anything that will diminish their self esteem. Many parents fall into the trap of using methods of discipline which are ineffective and sometimes exacerbate poor behaviour by inadvertently causing a poor self image or by encouraging rebelliousness or simply by paying more attention to negative behaviour than positives.

I help parents find ways of achieving a balance so that they can be both positive and firm at the same time and can establish harmony at home whilst maintaining a positive relationship with their children. We will explore discipline techniques that really work without causing any harm to the child or the relationship with the parent.

6

When Your Kids Push Your Buttons and How to stay calm

Have you ever reacted to your children's behaviour in ways that you regret later? Maybe you've shouted or threatened or shamed them. Most of us have. Would you like to be able to stay calm and be positive with your children but just don't know how that can be possible in some situations? It can be difficult to keep your cool when children are being rude, demanding or uncooperative. It helps if we understand why they are doing what they're doing.

In this webinar we look at why our buttons get pushed and how we can keep our cool in 'teachable moments'. This webinar helps you to establish practices which help you to remain calm more often and to be positive and effective in teaching your children to behave well.



7

Never Have to Ask Twice!

Do you often feel that your children don't listen to you, ignore you or defy you? You end up repeating yourself only to result in shouting and threatening your children. Children have the ability to tune us out when we nag, remind, lecture or criticize. In this webinar you will learn why children don't listen and what you can do as a parent to encourage them to listen and follow instructions.

8

Making home schooling/ homework happier -increasing motivation and reducing stress

Most parents agree that they want to bring out the best in their children, they want them to do well with their school work and be happy. However at the end of the day parents and children can both find that home schooling can be hell! Parents can end up nagging and chivvying and it can be upsetting for both the child and the parent. Both can feel frustrated, resentful and stressed, and finish the day wrung out.

With all the pressure of working from home and sharing the home schooling shifts working parents may wish the precious time they have with their children could be spent in more positive activities. And yet parents can also feel that their children need to be effective and efficient with their home schooling in order to survive in a competitive world and want to support them in any way they can to help them get an edge and succeed.

This webinar will help you ensure that home schooling becomes less time consuming less stressful and more positive. We will look at how to get children to be more motivated and self-reliant.



9

Screen time Sanity

We all recognise the importance of screens for communicating, connecting and learning, particularly after the period of Lockdown during which our children were on-line for lessons and also for socialising with their friends. Even as circumstances change this may continue for some while and habits acquired during isolation may be hard to break.

The biggest question to ask is how do we manage our children's screen usage so that they don't miss out on other essential activities. Communication and connection are essential if we are to keep our children safe and healthy. Coercion and control will only go so far and are detrimental to relationships. Successful parenting in the digital age depends on building up a relationship of trust. We need to be there to support and guide them through the Digital Jungle, not panic and bury our heads in the sand or ban everything. This workshop looks at how we keep our children healthy and safe while making the most of the technologies available.

Please note this webinar does not go into detail about electronic controls nor provide an in-depth discussion of the hazards of different online platforms. It focuses instead on how to teach children to be safe in the same way we teach them to be safe around water or cars.

10

Helping Children Deal with Life's Knocks – Fostering Resilience in Children

Parents play a vital part in building strong self-esteem and resilience in their children. Rather than shielding your children from upset or failures as a parent you need to teach them how to deal with them in a way that makes them stronger, more resourceful and provides them with beneficial learning. Strong self-esteem is vital for your child to cope with the inevitable knocks of life.

This webinar will provide you with practical strategies for encouraging in children a 'can-do' attitude and willingness to take risks, persevere and ability to pick themselves up and try again after a setback. You will learn what makes a confident child, understand the research on why self-esteem is important, how to raise a child's self-esteem and resilience, what doesn't work and how to nurture independence and self-reliance.



Understanding your child

11

Difficult or Different – Practical Tools to Celebrate Difference, Unlock Strengths and provide hope

Do you sometimes feel your child is different? They may or may not have been diagnosed with specific learning difficulties, but for a variety of reasons they struggle with life educationally and/or socially. You may feel wary of labelling, but there is a sense that your child is unique and you really want to understand what you can do to support your child and ensure they maximise their potential.

This webinar explores the transformational story of Elaine Halligan's son Sam excluded from 3 schools by the age of 7, who was written off by society as being stupid and naughty and who, ultimately through the support of his family who used many positive parenting tools, finished his education as Head Boy. It explores the importance in today's society of ensuring our children are resilient and can bounce back from adversity. It gives parents everywhere hope and practical tools to ensure your unique child's differences are celebrated and their strengths unlocked. It's based around Elaine's best selling book 'My Child's Different' with almost two hundred 5 star reviews.

12

Communicating with Girls – The Power of Words

Words are especially important to girls. They tend to be adept with them and they use them to build relationships more than boys who focus more on activities. A girl's words are attempts to engage and to be heard, to connect. But sometimes words can hurt and girls are especially vulnerable to the effect of words so as a parent we need to be careful and listen to the real message behind their words and then respond with compassion and understanding. This webinar will look at what girls are trying to communicate and demonstrate constructive ways for you to respond preventing verbal shut down and conversational dead ends.

You will learn how to decipher codes and understand what daughters are longing for us to know.



13

Girls and Friendships

Relationships are very important to girls. At different stages in their lives they will have different needs from their various relationships and will manage them differently but to be successful in this key area of their lives girls need some crucial social skills. Especially given the isolation and loneliness many will have experienced during lock down, there has never been a more vital time to support them with their social skills.

This workshop examines five different stages in a girl's life and what she needs from relationships with parents and friends in each stage.

It also examines practical strategies for parents in cultivating good friendship skills in their daughters, helping their daughters choose good friends and be good friends themselves. It looks at what to do when you don't like your daughter's friends and what to do when she falls out with her friends or she's subject to bullying.

14

Boys -Understanding Boys World and Helping Boys Thrive in it

This webinar addresses what it's like to be a man today and what kind of men we want our sons to grow up to be. We look at how to encourage those qualities in our boys while they're growing up. We explore practical ways of talking to our sons to pass on our values and to encourage good behaviour, attitudes and mindsets. We also look at the role of modelling.

Emotional intelligence is a greater predictor of success in life than any academic achievement. In this workshop we look at skills to grow boys' emotional maturity. In particular we look at boys' style of communication. I give parents tools for communicating in ways that suit boys and teach techniques for encouraging boys to talk, both to solve problems and to connect effectively.

We'll look at several scenarios where boys often have difficulties and examine ways parents can coach their sons for successful outcomes.



15

Raising Boys – Channelling physicality, encouraging cooperation and boy discipline

This webinar looks at the many positive qualities of boys and how these qualities can also present challenges to the boys themselves, and also to their parents, and how we can channel them effectively. We look at practical ways to help boys do and be the best they can, whether that's at school or at home, and in life generally.

We also look at how we can handle particular issues such as how parents can help boys channel their high energy constructively, and deal with excessive competitiveness, even aggression. We present key skills that help boys develop good habits of co-operation including using structure and routines to help boys. We give parents effective techniques for handling misbehaviour and helping boys understand and work within boundaries.

16

Navigating Anxiety: Spotting It, Understanding It, Teaching Your Child to Deal With It

Children can be fearful of many things, some of them imaginary and many of them irrational. It can be hard for an adult to understand their fears.

Anxiety can be beneficial as it protects us from danger, pushes us to take action and to 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.

Many worries are a routine part of growing up but some are frequent and persistent and get in the way of normal life. This webinar will help parents know when a worry is too big and how to help their child.



Different Ages and Stages and Life Events

17 The Big Return to School

This webinar is designed to help you help your child to manage the transition back to school. As we move to the next stage, however that's defined or whenever it comes, it's vital that as parents you know how to get your children emotionally ready, and how to help them continue to be emotionally strong, how to build resilience so that they can cope with the changes, and how to build their confidence.

There will be many challenges, from easing back into socialising and re-establishing friendships, to coping with different routines, to settling back to class-based learning. This webinar will introduce you to some core Parent Practice skills which you can put into action straight away, so your children will be emotionally ready and able to problem solve and think for themselves.

18 Starting 'Big' School – How to Make it Easy for Parent and Child

Starting school for the first time can be a stressful experience for some children and often for their parents too. Anxiety may be manifested in demanding or regressive behaviours, behaving badly or being uncooperative at home, or even physical symptoms.

They may be clingy or crying when dropped off in the morning which tugs at a parent's heart strings and can make it difficult to focus on their own working day. In this seminar you will learn how as a parent you can prepare your child for school by building their confidence and equipping them with strategies to help them have a successful and happy time at school. You will learn how you effectively respond to any upset or anxiety your child may experience.



19

Why Can't You Buy Me One? Preventing a Sense of Entitlement

Bringing up children in an increasingly materialistic world poses many challenges for parents; it can be very difficult not to spoil them especially when faced with relentless advertising and with many working parents falling into the trap of 'working parent guilt' and over-indulge their children. Even if we try and limit the amount of stuff in our children's lives often our children do not embrace this concept and still want for more.

This webinar will help you strike a balance between rewarding your children and not over-indulging them. You will learn how to help your children earn their rewards and absorb the kind of values that set them up for life. You will learn how to decide when to say no and then how to stick with it.

20

Surviving the Holiday Season – Family Life Skills to Cope with Conflict and Consumerism

For many families the festive season can bring with it untold stress and produce a hotbed of resentments waiting to happen. Before the holiday season has even started often the decision of where to spend Christmas can be overwhelming producing a range of challenges. Knowing how to communicate effectively is a hugely powerful skill and ensures healthy ways of dealing with conflict.

Bringing up children in a materialistic work is another key issue when presents are given at Christmas time. We want our children to be appreciative and value their possessions yet it is difficult not to spoil them. This webinar will provide you with some seasonal tips to ensure all families are set up for success instead of trouble-shooting over the Christmas season.

You will also learn how to strike a balance between rewarding your children and not over-indulging.



Food for thought – EQ is more important than IQ

“The ability of a human being to manage his emotions in a healthy way will determine the quality of his life – maybe even more fundamentally than his IQ.”

DR LAURA MARKHAM

