

Parenting for the 21st Century: Things Our Parents Didn't Know

Using the latest brain research, learn the importance of guiding our children through their difficult emotions. It is through our connections and relationships that we teach our children strong social and emotional skills. Social and emotional skills are the key to success, wellness and happiness in the 21st Century.

Realize that young children primarily use bottom up behaviors. These behaviors are instinctual and unintentional. These behaviors are survival-based stress responses. We will learn to manage our own reactions first to help children work through their survival-based stress responses. Understand the importance of Connections before Corrections.

Come prepared to learn and practice techniques weekly to increase our parent-child connections and understanding what's happening in the brain. When we use these techniques' children will learn ways to become healthy caring adults.

Weekly Topics:

- 1) Brain 101: Understanding how current brain science impacts parenting
- 2) Understanding the importance of fostering healthy parent-child emotional connections
- 3) Setting realistic behavioral expectations to help your child succeed
- 4) Learn why executive functioning skills are more important than IQ to your child's lifelong success, wellness and happiness. Practicing these skills creates stronger parent-child relationships
- 5) Development of growth mindsets about learning
- 6) Wrap up and next steps

Classes begin on Monday, September 23, 2019 6:30-8:30PM

NO Class on Monday, October 14, 2019

Classes meet every Monday for 6 weeks ending on Monday, November 4, 2019

