



## **Parenting Education for School Families**

**Zoom Trainings 4th Tuesdays 6:00 p.m. -7:00 p.m. \*Recorded**

Join us live or watch a recording yourself or in groups. Pre-register to gain access and resources.

### **Tuesday, September 26<sup>th</sup>: Righty Tightly, Lefty Loosey: Integrating the Brain - the Ultimate Parenting Hack**

In children and teens, the right brain and its emotions tend to rule over the left brain. Come to discover how in everyday parenting you can turn an argument into a chance to foster healthier, brain development leading to stronger children and teens.



Pre-register by going to <https://tinyurl.com/integratingthebrain> or use QR Code

### **Tuesday, October 24<sup>th</sup>: Is it Trauma or Puberty? Spooky Parenting Scenarios**

Adolescence is a time to learn important skills, such as how to leave home and enter the larger (sometimes frightening) world. Learning how the teenage brain functions can help us make an incredibly positive period of growth, change, and experimentation less lonely and distressing on both sides of the parent/child relationship. Gain strategies helpful for everyone, especially those who have experienced trauma(s).



Pre-Registration: <https://tinyurl.com/spookyparenting>

### **Tuesday, November 28<sup>th</sup>: Good Grief! Navigating Loss**

We all experience loss. Discuss developmental grieving across childhood and the lifetime.

Pre-Registration: <https://tinyurl.com/goodgriefandloss>



### **Tuesday, February 27<sup>th</sup>: Roses are Red, Violets are Blue, Your Kids Still Want to Play with You: Connecting Through Play**

Strengthen the foundation of your relationship through playfulness and connection, the two prerequisites to cooperation.

Pre-Registration: <https://tinyurl.com/rosesviolets>



### **Tuesday, March 26<sup>th</sup>: "When I was Your Age...": Making Space for Our Experiences & Evolving as a Generation**

Discuss phrases we heard growing up, and dive deeper into what we are passing on and what's a hard pass.

Pre-Registration: <https://tinyurl.com/growingasparents>



### **Tuesday, April 23<sup>rd</sup>: The Sweet Way to Solve Problems - S.O.D.A.S. Decision Making**

Come together to practice an easy to remember process of decision making that explicitly shares with children steps to guide them towards higher levels of maturity and responsibility just in time for the summer.

Pre-Registration: <https://tinyurl.com/SODASplan>

