

Raising Enlightened Children offers a variety of 90 minute workshops for parents, teachers, grandparents, health care workers, counselors, and anyone who relates to children.

**Please note ~ Private coaching is available on any of these topics.**

**~ ALLOWANCE 101 ~**

A Parent's Guide to Giving Children Allowance ~ Learn when, why and how to implement and follow through with an effective allowance system. Finally, get the answer to the question "Should chores be tied to allowance?" These powerful tools will help children develop fiscal responsibility, empathy, teamwork, and cooperation.

**~ BALANCING LOVE AND DISCIPLINE ~**

Use positive discipline "to teach" in a kind and firm way to maintain healthy connected relationships.

**~ BALANCING WORK AND FAMILY ~**

Reduce stress, rejuvenate yourself, and replenish your relationships. Find the much needed balance necessary to be effective at both work and home.

**~ BEYOND THE LABELS: RAISING ENLIGHTENED GIFTED AND 2e CHILDREN ~**

If this is a gift, can I give it back? The lack of education about how to identify this group of individuals and, more so, how to educate and raise

them can be debilitating and devastating. The challenges of how difficult it is for these children to navigate through a world that is not equipped to understand their nuances of what it means to be gifted or gifted with academic challenges (twice exceptional) can damage these children's self-esteem and set them up for failure. The difficulty in parenting gifted and 2e children can be isolating and lonely. In this workshop we will explore how to identify and help gifted/2e children.

### **~ CONNECTION BEFORE CORRECTION ~**

Learn valuable tools to connect with your child to significantly reduce the time spent disciplining.

### **~ DISCIPLINE WITH DIGNITY ~**

Understand the implications of using punishment and power vs. respectful, logical consequences.

### **~ DISCOVER AND EMBRACE YOUR CHILD'S TEMPERAMENT ~**

Discover different temperaments, how to cope with the differences of each, and appreciate your unique child.

### **~ EFFECTIVE PARENT/CHILD COMMUNICATION ~**

Learn conflict resolution techniques and other ways to communicate with your toddler, child, "tween", and teen in productive and respectful ways.

### **~ FAMILY MEETINGS: THE CORNERSTONE TO EFFECTIVE FAMILIES ~**

Gather successful strategies to enhance the MWE, rather than the WE vs. ME mentality, to unify your family.

### **~ FULL ESTEEM AHEAD: ENHANCING CHILDREN'S SELF ESTEEM ~**

Learn how to provide opportunities to instill a child's belief in themselves; belief is the core that allows a child to truly flourish.

## ~ “GOOD JOB! GOOD WORK!” .....CREATING PRAISE JUNKIES ~

Deepen your understanding between praise vs. encouragement and see what a significant difference it can make in the life of a child.

## ~ “GROUND YOUR “HELICOPTER” PARENTING ~

Are you the parent who constantly hovers near your child and then swoops in to the rescue at even the tiniest sign of challenge or discomfort? Learn why the hover-and-swoop approach to parenting can discourage self-reliance and independence, and undermines confidence and resilience.

## ~ HELP! MY CHILDREN WON'T LISTEN! ~

Identify the reasons why children don't listen and learn effective solutions to encourage them to listen – the first time!

## ~ HOW TO HANDLE THE HOLIDAY GIMMEES

All too often our children sit in a pile of toys surrounded by a heap of tattered paper searching for their next gift. This can grate on even the most loving parent and our vision of the holidays is shattered. Get back in touch with your intentions and keep the Happy in Happy Holidays despite the frenzy of the season and the “I wants...”

## ~ IF YOU DON'T STOP CRYING ~

Learn how to handle children's feelings in each developmental stage, and yours too!

## ~ KIDS DRIVING YOU CRAZY? ~

All misbehavior is your child trying to communicate with you - learn effective, positive methods for managing “bad” behavior.

## ~ LOOK AT ME! LOOK AT ME! LOOK AT ME! ~

Understand the need for attention and learn effective tools for redirecting the goal of attention. You might even be able to finish a phone conversation after all!

### **~ MORNING MADNESS AND BEDTIME BATTLES ~**

Learn tried and true tricks to manage the typical, but frustrating challenges to getting out the door in the morning and in the bed at night!

### **~ OUR FAMILY DREAM TEAM ~**

Create and use successfully a family mission statement.

### **~ PARENTING AS A TEAM: ENHANCE COUPLE'S COMMUNICATION**

Discover the underlying causes for a couple's disagreements on parenting and learn how to create peaceful resolutions and get on the "same parenting page".

### **~ PARENTING PARTY ~**

Bring your questions, get your answers, let's have fun!

### **~ PARENTING YOUR STRONG WILLED CHILD ~**

Some kids are easygoing and compliant. If yours can be "stubborn", strong willed and argumentative you may need more tools in your parenting toolbox. Learn how we, as parents, can deal most effectively with strong willed children to support them to be cooperative, respectful and emotionally mature. Learn how to protect the positive characteristics of a strong willed child, while at the same time encouraging their cooperation through some general parenting principles that preserve the relationship with this sometimes challenging child.

### **~ PROACTIVE PARENTING ~**

Do your children ever power struggle over mealtimes, getting to bed or getting out the door in the morning? Is no amount of your attention ever

enough? Are tantrums and meltdowns an all-to-frequent occurrence? The potential sources for conflict with our children are numerous. This class is preventative medicine for your family's relational health.

### **~ RAISING ENLIGHTENED TODDLERS ~**

The transition from the excitement of the first time they roll over, sit up or take their first steps to the toddler tantrums can be “rudely awakening”. With understanding, tools and skills you can turn the “terrible two's” and toddler years into delightfully terrific ones!

### **~ RAISING ENLIGHTENED COMPETENT, CONFIDENT CHILDREN ~**

Parents want their children to be responsible adults who are confident and capable. It is easy to fall into the trap of doing everything for your kids. Learn the developmental stages of children between their toddler to tween years.

### **~ RAISING ENLIGHTENED TWEENS ~**

Discover what to expect from, and how to understand and survive your child's preteen years. Tweens are a mass of contradictions. Even as their bodies are maturing into teens, they can have temper tantrums worthy of a two year old! Though they want their independence, they still want to sleep with their stuffed animal! Learn tools for this highly complex stage of life.

### **~ RAISING ENLIGHTENED TEENS~**

It can be difficult to start to “let go”. Watching their bodies morph sometimes scares us into wanting to hold on to the child they once were... or alternatively treating them like the adults they are becoming too soon. Learn the language we need to stay connected and discover the tools we need to let go. The balance of letting go while simultaneously staying on the sidelines to coach them as they cross over from children to adults through the tween and teen years.

### **~ RAISING SELF-DISCIPLINED CHILDREN ~**

Learn the importance of providing opportunities for meaningful roles and contribution in the family for children to develop the skills toward self discipline. Despite parents' good intentions, also become aware of ways parents discourage self discipline.

### ~ **SETTING LIMITS AND STICKING TO THEM** ~

Is bath time a battle? Can dinner go from delightful to disastrous in moments? Come learn why limits are important, why we have difficulty setting them, and how to effectively set limits. Learn 4 easy steps for setting limits and making them stick, toddlers to teens, once and for all!

### ~ **SIBLING HARMONY** ~

Identify the difference between sibling harmony and sibling conflict and learn ways to minimize the fighting and maximize the harmony.

### ~ **TAKING TIME OUTS FROM TECH** ~

Taking Time Outs from technology is imperative but can be challenging. After all, not all tech time is "created" equal. Figuring out where to set the limits for our children, from toddlers to teens, can be a slippery slope. In this workshop we will explore *why* time outs from tech are so important and provide tools for *how* to do this.

### ~ **TAKE THE HASSLES OUT OF HOMEWORK** ~

Learn how to lessen the power struggles, teach responsibility and goal setting, and demonstrate ways to encourage and self-motivate children.

### ~ **TAKING CONTROL OF BEHAVIOR: HOW TO CREATE CALM THROUGH CONNECTION AND COMMUNICATION** ~

Learn how mistakes are a perfect opportunity for our children to learn and grow, if we know how to respond effectively through listening, managing their feelings, and asking the right questions.

### ~ **TAKING THE CHORE OUT OF CHORES** ~

Are you at your wits end trying to get your children to do chores? Are you thinking it would just be easier to do everything yourself? Discover all the reasons your children should do chores, learn how to set up chores in your household, and even have some fun doing them.

### **~ TAME THOSE TANTRUMS: TEACHING CHILDREN SELF CONTROL ~**

Understand the reasons for tantrums, how to deal with them, and how to use “time-outs” effectively. Learn how to assist your child in learning how to control and appropriately express their feelings and desires.

### **~ TEARS, TANTRUMS, TODDLERS...AND TEENS! OH MY! (need we say more?) ~**

This workshop is for parents of toddlers to teens. It incorporates brain research as well as developmental stages. The similarities of toddler to teens is also explored.

### **~ THAT’S IT, “YOU’RE GROUNDED!”: PARENT/TEEN COMMUNICATION ~**

Learn how to effectively communicate with your teen, set clear boundaries, and maintain the connection.

### **~ THE ATTITUDE OF GRATITUDE ~**

Learn the importance of gratitude and ways you can cultivate it year round in your family.

### **~ THE DOLLARS AND SENSE OF MONEY ~**

Teach your children the importance of gifts, giving, gratitude and money management. Gain knowledge around the topic of allowance.

### **~ THE FIVE LOVE LANGUAGES OF CHILDREN (OR TEENS) ~**

Parents all love their children, but in the busyness of daily life, how do parents make sure their children FEEL loved. Come learn how to figure out your child's primary love language and how you can effectively meet your child's emotional need for love.

### **~ THINKING PARENT'S GUIDE TO WHY CHILDREN MISBEHAVE AND WHAT TO DO ABOUT IT ~**

A child who always needs to be the center of attention, and the child who refuses to do what's asked, need to be disciplined differently. In order to be effective, our responses need to match the behavior. Move beyond simple one size, fits all strategies to learn well reasoned, thoughtful techniques. Learn tools to specifically help children who are attention seeking or who are power driven.

### **~ WHO'S THE BOSS? ~**

Learn how to recognize and disengage from power struggles and get tools to minimize power struggles.