

Parent Power

Effective Discipline Strategies for Children and Teens

Realistic expectations, mutual respect, encouragement, communication skills - these form a framework for building cooperation and responsibility in children of all ages. Within this framework we will discuss positive and effective methods of discipline. Effective discipline helps children learn how to cooperate with others. Ultimately our goal is to teach our children how to manage their own behavior WITHOUT our intervention. In this workshop we will discuss specific ways to accomplish this goal. This will be a **FUN**, interactive parenting seminar that will address your most burning parenting questions:

- How do I effectively discipline my child without yelling or upset?
- How do I teach my child to respect me without using fear tactics?
- How do I set the stage to raise a child who thinks independently, feels self-confident and has self-control?

**** The last 30 minutes of the presentation will be used for Q/A*

Fee for this 2 hour presentation is \$900: unlimited number of participants

Self-Care Parenting

Reducing Parental Stress WHILE Nurturing Your Child's Development

Conventional wisdom teaches us to put our children's needs above our own. Our worth as parents is often judged by how much we sacrifice for the good of our children rather than how happy and well-adjusted they are. Robin suggests that we invert this modern-day standard. She advises us to make parents, not children, our top priority, in much the same way that flight attendants instruct us to put on our own oxygen masks before assisting others. The typical "kids-first" approach is not only destructive for parents and marriages, she says, but also damages our children emotionally by setting them up for a lifetime of anxiety, feelings of inadequacy, and low self-esteem. But by placing our needs above our children's, we offer a living example of what a balanced, healthy, full adult life looks like. In this workshop, Robin proposes a powerful self-care model, which fosters a happier home and the blossoming of independent, self-sufficient, confident children. The idea is to indulge our need to relax, have fun, eat well, and enjoy our whole lives—not just our parenting side. This new paradigm requires that we sit back, refrain from trying to "fix" everything, and allow our children to manage more of the day-to-day dramas that arise. As a result, they learn life skills, and we get to enjoy parenting more.

**** The last 30 minutes of the presentation will be used for Q/A*

Fee for this 1.5 hour presentation is \$700: unlimited number of participants

To schedule Robin for a presentation, email kevnec@aol.com or ParentAssist1@aol.com