

# Parenting Now workshops - Fall 2020

To register please email  
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## POSTIVE PARENTING SEMINAR SERIES

*FREE single evening workshops. All session are online via ZOOM.*

Positive parenting is an approach to parenting that emphasizes the role of connection and healthy attachment in the parent-child relationship. It helps parents understand how this relationship is the key to building the skills that children and youth need to be healthy and happy. This series of one-hour positive parenting “snap shots” will get you thinking about your choices as a parent and help you develop strategies to become the parent that you want to be. Each session stands alone. You can attend just one or all of them.

Title	Dates	Time	Location
<b>Thinking or Reacting. Why does it matter?</b> We all know how easily emotions can be triggered in our parenting. Despite our best intentions, we often react before we think. This presentation will help you understand why it matters that we manage emotional reactions “in the moment” and give you some strategies for doing this. You will be able to take these strategies home for your kids, as well!	Wednesday, October 21, 2020	10:30 am – 11:30 am	Online via Zoom
<b>Connection or Correction. How do they work together?</b> You have just come in the door and there are shoes all over the front entrance. Do you instantly shout at everyone to pick them up or do you take the time to warmly greet your kids? Find out the difference that a moment of connection makes when your goal is to correct a behaviour.	Thursday, November 5, 2020	8:00 pm – 9:00 pm	Online via Zoom
<b>Encouragement or Praise. What is the difference?</b> We often think that praise is a way of encouraging our children to succeed but sometimes too much praise can work against our best intentions. This presentation will help you learn the difference and give you some new strategies for encouraging your children.	Monday, November 16, 2020	1:00 pm – 2:00 pm	Online via Zoom
<b>Cooperation or Obedience. What are the outcomes?</b> We want our children or teens to do what we ask them to do and when we ask them to do it, right? But we also want to raise kids who can think for themselves and make “good choices”. Learn how our expectations for our kids influence how they learn to make choices in their lives and gain strategies to promote cooperation.	Tuesday, December 1, 2020	6:30pm – 7:30pm	Online via Zoom

