



Winter 2022 Parenting Sessions



Positive Parenting “Snapshot” Series

This series of one-hour positive parenting “snapshots” 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. **All Snapshots will be presented on Zoom.** Registration is required.

Screen Time. How do we help our kids maintain a balance? As parents, many of us are struggling with reinstating screen time limits to pre pandemic levels. What are the pros, cons and concerns and how can we help keep our children to be safe online both physically and emotionally?	Thursday, January 20, 2022	8:00 - 9:00 pm
Teens: The Joys and Frustrations. How do we manage to stay close and connected with our kids when they seem so intent on independence and separation? This snapshot focuses on how we can build and strengthen our relationships with our pre-teen or teen aged children & specific strategies to keep those lines of communication open.	Tuesday, February 8, 2022	7:00 - 8:00 pm
Encouragement or Praise. What is the Difference? 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.	Thursday, February 17, 2022	12:00 - 1:00 pm
Connection or Correction. How do they work together? Find out the difference that a moment of connection with your child makes when your goal is to correct their behaviour.	Monday, March 21, 2022	7:00 - 8:00 pm

Positive Parenting “Conversation Series”

Chat with Kris and Teresa



This series of one-hour positive parenting conversations will be less “formal” than our workshops. The intention of our conversation series is to invite and encourage parents & caregivers to join us for conversation and strategies on your parenting journey. One of our Parenting Now Staff will facilitate each session. They will be presented on **Zoom**; registration is required and limited to 15 participants.

Let’s Talk about “Routines and schedules”. Do kids need these? Why or why not? Share what works and what doesn’t work in your family.	Wednesday, January 12, 2022	12:00 noon - 1:00 pm
Let’s Talk about “Social media and screen time” – We live in a world filled with social media, is your child spending too much on screen time? How about you as a parent? Share some concerns and strategies.	Tuesday, Feb 22, 2022	8:00 - 9:00 pm
Let’s Talk about “Teens – the Joys and Frustrations” Come with your stories, questions & concerns, share support and learn strategies from each other.	Thursday, March 10, 2022	7:00 - 8:00 pm

Temper Taming Together—for Parents of Preschool Children (over zoom)

Temper Taming Together is a program that helps parents and children understand and manage BIG EMOTIONS. This series of three sessions, one-hour in length is designed specifically for parents of pre-school aged children (birth - 5). You will gain understanding of how emotions become so big, develop parenting skills to help your small child with their big emotions and learn some strategies you can teach to your children. **Registration is limited to 12 participants, and is required for all three sessions.** Sessions will be on Zoom and are only for parents or caregivers. Certificates of completion will be given after the third session.

<p>Session 1 “Brain and Body” Tuesday, Jan 18 8:00 pm - 9:00 pm</p>	<p>Session 2 “BIG Emotions” Tuesday, Jan 25 8:00 pm - 9:00 pm</p>	<p>Session 3 “Calming Strategies” Tuesday, Feb 1 8:00 pm - 9:00 pm</p>
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Temper Taming Together—for Parents of School-Aged Children (over zoom)

This series of 3, one-hour sessions is designed specifically for parents of school aged children (ages 5-12). Please see above for full description

<p>Session 1 “Brain and Body” Wednesday, Jan 19th 8:00 pm - 9:00 pm</p>	<p>Session 2 “BIG Emotions” Wednesday, Jan 26th 8:00 pm - 9:00 pm</p>	<p>Session 3 “Calming Strategies” Wednesday, Feb 2nd 8:00 pm - 9:00 pm</p>
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Parent to Parent Support

Now, more than ever, we need to reach out to each other for support and encouragement. At Parenting Now, we have several ways you can do that:

1. Visit our website, parentingnow.ca, to read articles and stories written by local parents.
2. **Email us, via the website or at the email address below**, with questions or share stories of your own. A member of our Parenting Now Team will answer your email.
3. **Connect with a member of our Parenting Now Team via the telephone** to share your story or just to chat with someone who understands. Email us at the address below to start the connection.

To register for programs or to get more information, email:
parenting@kwcounselling.com

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