



Frequently Requested Presentation Topics for Parents and Caregivers

The Importance of Good Boundaries: I'm Your Parent, Not Your Friend This presentation is designed to provide parents with specific do's and don'ts in their boundaries with their children, recognizing that today's anything-goes culture makes it difficult for parents to know the "right thing to do."

Ending the Homework Hassle Forever When did it become Mom's job to do the homework? Both schools and parents today use tactics with homework that lessen the child's personal responsibility over it. This presentation covers a specific method for ending your family's homework hassle forever.

Stress and Over-Scheduling: De-Stressing Our Children's Lives How can parents and schools decrease stress in their children? This presentation examines this question, as well as: What causes stress in children? What symptoms does stress cause in kids? And how do adults contribute to the problem? ("Repeat after me: We Do Too Much!")

Understanding Real Self-Esteem Self-esteem is a frequently misunderstood concept. This presentation describes the real definition of self-esteem, how it is created, and how it can be either stifled or supported by parents, so parents can feel confident with both the affection & the discipline they provide children.

Collaborating with the School to Assure Your Child's Success Many parents are unsure about how to be involved in their child's education and what extent of involvement is appropriate. This presentation is designed to help. The goal is to provide parents with information that will guide their interactions with the school and ultimately help them raise academically and behaviorally successful children.

Protecting Your Child from Internet Predators Few things are scarier today for parents than what their children might do or experience online. What can parents do in order to keep their kids safe on the 'net? Lots of tips and pointers are shared.

Assertive Discipline Effective discipline is one of the toughest challenges for today's parents and educators. Responding well when kids behave badly is fundamental to raising a next generation that is independent and responsible. This presentation covers what works.

Attention-Deficit/Hyperactivity Disorder (ADHD): What causes ADHD? How is the diagnosis made? What are the best coping strategies for parents? This presentation answers these questions and pays special attention on how to get a reliable and accurate diagnosis for a child and explaining the need for and uses of stimulant medications.

Survival Skills for Parents of Young Adolescents This presentation offers information about development that occurs during early adolescence, appropriate levels of parental control during this stage, and what works when it comes to limits & consequences.

Talking to Your Child about Drugs and Alcohol Everyone says that parents should "talk to kids about drugs." How? This presentation gives pointers on talking to young people about alcohol and other drugs, on recognizing the signs of substance abuse and how to respond if use is discovered.

Raising Girls / Raising Boys In the 21st century, when we want every opportunity for all of our kids, where does gender fit in? This presentation focuses on understanding the differences between the sexes during the school years and how parents and teachers can foster responsibility, achievement, and integrity in both boys and girls.

Keeping Kids Happy and Healthy Happiness and health are the two things all parents want for their children. This talk briefly discusses parenting style, and how it impacts children emotionally, behaviorally, and physically, and then gives five recommendations, called "The Big 5," on how parents can best work for the well-being of their kids.

Working Within Your Child's Learning Style Individuals learn and excel in different ways, and that when we discover and acknowledge our children's learning styles, we can use their strengths to optimize their education and joy for learning.

Understanding Asperger's Disorder Asperger's Disorder is an emerging diagnosis that parents are hearing more and more often. What exactly is it? This presentation is focused on giving concrete information and suggestions for parents wondering about or facing this diagnosis.

Anxiety in Students Discusses the different types of anxiety that students experience, from shyness to compulsivity, and gives specific suggestions for responding to students with various anxiety-related behaviors. Lots of examples and suggestions will be given.

Helping Your Child Respond to Bullying How do parents respond to bullying reported by their child? Whether the child is the victim, the witness or the bully, parents need solid information to help them respond appropriately when bullying happens at their school.

Locus of Control - Building Independence and Responsibility within Our Children It seems as though students today are less responsible than previous generations. This presentation offers reasons for this change in students and how parents (and schools!) can begin to re-establish true independence and responsibility within today's children.

Motivating the Unmotivated Student What are the ways that we as parents can truly motivate our children? What are the mistakes many of us make, that sabotage these efforts? Both these questions are answered, along with a plan for building internal motivation within our kids.

They're Not All Geniuses - Understanding Your Child's True Strengths and Weaknesses Sometimes, parents feel as though a "B" means failure, or the 70th percentile on standardized testing is cause for concern rather than celebration. This presentation encourages parents to see each of their children as individuals and recognize their true strengths and weaknesses, without assuming all weaknesses must be somehow "fixed."

Anger Management - Helping Your Child Find a Safe, Middle Ground A presentation geared toward helping parents discover their child's anger management style, and then to be able to guide their children toward more healthy expressions of anger.

Helping Your Child Develop Positive Peer Relationships No doubt, it is often heartbreaking for a parent to see their child struggle to make and keep friends. This talk covers some specific skills and strategies that parents can work on with their children, in order to increase their social intelligence.

Act Your Age! (for parents of younger children) Written for parents of young children, Pre-K through about 2nd grade, this presentation encourages parents to use good strategies for building independence, confidence and success in their children.

Girls of Character and Confidence (for parents of intermediate/middle grade girls) All too often today, "character" and "confidence" are two words that do not describe our girls. How can we as parents help our daughters to develop both traits? This presentation discusses issues such as technology, schoolwork, and bullying, and how parents can help their girls find a healthy way through today's culture.

The Challenges for Teenage Girls: What They're Facing and How We Can Help Them Teen girls today experience so many challenges to their safety, self-esteem, and success. How can parents help their teen girls to grow with confidence and health? Parents are encouraged and supported to learn the relevant issues and respond appropriately.