

## ENGLISH CONFERENCES FOR PARENTS

### 4 PRACTICAL OPTIONS

*All of the themes found in the directory may be adapted to best suit your needs. Other titles not found here are also available in English and may be developed upon request. The conferences are presented by a bilingual case worker from the SOS Nancy team who has been trained according to Nancy Doyon`s approach.*

**Workshops:** *Adapted for small groups of 5 to 20 participants, this option contains a theoretical aspect, exchanges between the participants as well as practical exercises or role playing. Usually lasting between 1h30 and 3 hours, it is also possible to combine two themes in order to have a full day course.*

**Workshop/Conference:** *This option is offered to groups of 20 to 100 participants. The theme is presented as a conference, but the exchange period is replaced by a question period.*

**Conferences :** *Accompanied by a PowerPoint presentation and animated in a more `theatrical` manner, this option is more favourable for larger groups of 100 people or more. Although exchanges with the presenter are more limited, she is capable of capturing her audience`s attention by asking specific questions or by asking them to participate in role playing situations. A question period is scheduled at the end of the conference.*

**Mini-conference :** *This very appreciated option is particularly designed for work environments and usually lasts between 1h and 1h30. Considering its condensed contents, it is usually ideal during a lunch-meeting or an end of the year assembly.*



# Common sense Parenting

Better understanding my child in order to better intervene



*Children are... well, children! Some will whine during every mealtime, others will strategically try to buy time in order to avoid going to bed at a certain time, others have acquired the habit of muttering forbidden words while out in public just to provoke your reaction, and that`s without mentioning the major tantrums in the shopping centre and those who find it amusing to turn on their selective hearing switch just to make us repeat over and over and over again... Ouf!*

*Despite our efforts to use consequences, positive reinforcement or other tricks we may have heard of, why is it that certain undesirable behaviours keep resurfacing? It`s almost as though our children enjoy making us angry. Why do they keep misbehaving when they know they will have a consequence or will be punished?*



*Presented in a simple and humouristic manner, this conference looks at the reasons children sometimes misbehave. Amongst other topics, the « soft chip... » theory, the « broccoli » theory, and the « pouting bag » theory will be introduced. Of course, ways to reduce these undesired behaviours will also be presented.*

## Contents :

- ◆ The 5 'musts' of disciplining
- ◆ The « common sense method »
- ◆ The most prevalent reasons why undesirable behaviours persist
- ◆ Fast and easy ways to encourage positive behaviour and to regain a harmonious household



# No to bullying

*Teaching children to assert and defend themselves  
without using violence!*

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We all want our children to be liked by all; we teach them to respect **others**, to share, to forgive, to control their anger, to be nice... Another child is mean to yours at school? « Ignore him », we say, but what our child understands is, « suffer in silence! » Nevertheless, the most successful people on the planet have been known for their assertiveness. Children and adults who can express themselves adequately and can express their opinions in a confident manner are generally more respected by their peers. So, how can we teach our children to assert themselves without using violence? How can we encourage them to develop attitudes which exude self-confidence?

Based on Nancy Doyon's recent book destined for children, this course is offered in four options, depending on your needs:

1. Conference for parents
2. Parent-child workshop
3. In-school workshop for students
4. Training course for teachers or early childhood educators

## Contents :

- *What is bullying? How do we differentiate it from a simple children's conflict?*
- *Who are the bullies? Who are the victims?*
- *What causes rejection and how can we prevent it?*
- *Ignore it? Assert yourself? Defend yourself? Go see an adult? What should children do when others are treating them badly?*
- *Simple tricks to help develop self-assertiveness which are as beneficial to adults as they are for children.*



## Parenting for fun!

### **Work-family conciliation**

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*Reducing the impacts our hectic lifestyles have on our family relations in order to rediscover the pleasure in parenting!*

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*A crazy race! Quick, quick, we can't be late this morning! Lunch boxes, a project to sign, the flat iron, where's my mascara? In my teen's room again! Grrrr! A quick coffee, no time for breakfast and here we go, the youngest one refuses to get dressed, the oldest one is dragging her feet, deeply concerned with the lint on her sweater, all the while her 6 year old sister insists on describing in detail last night's dream. « Mom! You're not listening to me! », she screams as she tugs on your sleeve. You raise your voice a notch hoping to speed up the process as your teen rolls her eyes at you and declares that she couldn't care less if she is late to math class or not. In the car, the two younger ones are arguing. That's it, you explode! You scream, throw out an avalanche of insults, and drop off the kids, exasperated, only to be submerged under an enormous wave of guilt all day long... At night? Home at 5h30; make supper, help the kids with their homework, soccer practice, baths, bedtime stories... Ouf! Does this seem familiar at all?*

*Children also have their fair share of stress; between getting good grades, being afraid to disappoint their parents, pressure from coaches and the fear of being rejected by their peers, many of them develop behavioural difficulties behind which lay stress and anxiety. How can we react? What can we do?*

#### **CONTENTS:**

- 1. Work and family conciliation : Reflection on today's lifestyles and their impacts on our way of interacting with our children*
- 2. The impacts of stress on children's development and their motivation in regards to school work*
- 3. Stress, anxiety and behavioural difficulties*
- 4. Tricks to help simplify our lives and reduce the sources of stress*
- 5. Calm and silly moments... Let's share our ideas to have fun as a family*



# ***Disciplining, much more than punishing!***

## *The ABCs of positive discipline*

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*Although we are all aware of the importance of discipline in one`s development, no parent enjoys punishing their child. It happens, however, that power struggles occur when parents try to enforce rules. Children begin rebelling and the family climate becomes more and more strained. Angers flare, tensions rise and enjoyable moments become more and more scarce. What are the risks associated with the misuse of punitive measures and what are the solutions proposed in regards to consequences?*

### **CONTENTS :**

- ❖ *The dangers of misusing punitive measures*
- ❖ *Attitudes which encourage children to respect the rules vs. those which encourage confrontation*
- ❖ *Discipline and respect*
- ❖ *Becoming a « **PARENT**trainer » : training children to behave properly, rather than punishing for undesirable behaviours*
- ❖ *Tricks to prevent and avoid misusing punitive measures*



