

## REAL STRATEGIES TO MAKE PARENTING EASIER

*Want some parental relief? In need of new parenting strategies?*

The StudyPro has partnered with [Rachel Bailey](#), a highly-respected parenting specialist, to dive deeper into the parenting strategies presented at her much-praised StudyPro 'Lunch and Learn'.

Participation in the group will be an excellent opportunity to invest in your parenting skills, your family's health and develop new relationships to know you aren't alone.

The group will meet weekly beginning **Friday, April 28** for **six sessions** from **10am - 11:30am**.

### WEEKLY SESSION OVERVIEW

#### **Week 1: What is Positive Parenting?**

How can we redefine our (often off-base) views of parenting and better understand our child's behaviors from *their* point of view?

During this week, we will learn about the concept of 'deposits and withdrawals' as the basis of a healthier relationship with our children.

#### **Week 2: Putting Deposits and Withdrawals into Action.**

How can we put the 'deposits and withdrawals' system in action to feel both more positive and in control as a parent?

We will dive deeper into how we can ensure our deposits outnumber our withdrawals and discuss real-life issues and actions we can take.

## WEEKLY SESSION OVERVIEW (CONT'D)

### **Week 3: Focus on Increasing Positive Behaviors.**

How can we help our children become more responsible, motivated and respectful without nagging?

During this week, we will use [experiential exercises](#) to help us better understand what is truly underneath children's behavior and feelings, making it easier to support them and, as a result, see more positive behaviors.

### **Week 4: Focus on Self-esteem and Resilience.**

Our children face challenges and obstacles on a daily basis. During this week, we will talk about how we can help our children face difficulties without giving up or coping in an unhealthy way.

### **Week 5: Emotional Regulation in our Children and Ourselves.**

When your kids are frustrated, how do they react? How do *you* react? This week, we will talk about positive coping mechanisms for all of us and how we can insert those coping skills between "actions" and "reactions" to build healthier emotional responses.

### **Week 6: Open Mic - Let's Talk!**

During week 6, we will have an open discussion of your specific concerns/scenarios that we yet to discuss during the sessions. We are here to solve real problems and address real situations, and chances are, if you are having an issue, so is someone else in the group.

## THE DETAILS

### Schedule, Cost and Group Size:

- The cost for the 6 weekly sessions is **\$650.00**.
- The parent group is limited to **10 parents**.
- The group will meet on the following six **WEDNESDAYS**:
  - **Jan 31**
  - **Feb 7**
  - **Feb 14**
  - **Feb 21**
  - **Feb 28**
  - **March 7**
- The group will meet from **10am - 11:30am** each week at The StudyPro offices:

6849 Old Dominion Dr. Suite 200

### Feedback from a father who attended Rachel's Lunch and Learn talk:

*"It helped me realize kids have core needs (for physical and emotional nourishment) that affect their outlook on life. Knowing this phenomenon exists, and that parents have tools to address this state of mind, makes it less overwhelming to be a parent."*