

TOOLS & STRATEGIES TO MAKE PARENTING EASIER

The StudyPro has partnered with [Rachel Bailey](#), a highly-respected Psychologist and Parenting Coach, to host a 6-week workshop addressing the 5 biggest challenges we hear from parents.

You will learn how to:

- Deal with big emotions (less yelling!)
- Respond more effectively to conflicts in your family
- Build your children's self-esteem and self-motivation
- Get your children to listen more / do what they are asked

In this 6-week workshop you will learn WHY your children behave as they do, HOW you can react differently and WHAT a "system" is for managing emotions (yours and theirs). Rachel will provide tools to help you deal with frustrating behaviors such as avoidance, speaking disrespectfully, fighting with siblings and being generally difficult to deal with.

By helping you to better understand the reasons for behaviors, you will learn to make more "deposits" and to limit "withdrawals" in order to build the strongest relationship possible with your child. Through modeling and role-playing you will learn how to respond effectively when your children are being difficult ... and how you can prevent those situations from happening to begin with.

The group will meet weekly for **six sessions** from **10am - 11:30am**, beginning **Friday, September 15, 2017**.

WEEKLY SESSION OVERVIEW

Week 1: How Can We Get Our Kids to Listen More?

This week we explore “Positive Parenting” and why we need to redefine our (often off-base) views of parenting to better understand our child’s behaviors. We will learn about the concept of ‘deposits and withdrawals’ in parenting 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 look at the 3 reasons kids misbehave and what (and when) our reactions should be.

Week 3: Focus on Increasing Positive Behaviors and Motivation.

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 their “actions” and our “reactions” to build (and model) healthier emotional responses.

WEEKLY SESSION OVERVIEW (CONT'D)

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. Rachel will review, model and lead role-plays on topics of general concern that we have yet to review. 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:

- **COST:** for the 6 weekly sessions, materials and ongoing membership in Rachel's (online) parenting community is **\$650.00**.
- **SIZE:** The parent group is limited to **10 parents**.
- **DATES:** The group will meet on the following six **FRIDAYS** from **Sept 15 – Oct 20** from **10am – 11:30am**.
- **LOCATION:** The group will meet at The StudyPro offices:

6849 Old Dominion Dr. Suite 200
McLean, VA 22101

Feedback from a mother who attended Rachel's Spring Group:

"I have participated in parenting groups, read books and sat with "experts" and this is the most practical and useful set of tools I have ever been exposed to. I learned how to hear what my children are really saying (vs. how they are saying it) and now know how to respond in a way that both preserves the relationship and helps to steer my children's behavior. I am motivated to make more "deposits vs. withdrawals" which keeps our family relationships healthy!"

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