

## IN NEED OF NEW, MORE EFFECTIVE PARENTING STRATEGIES?

The StudyPro is proud to present our new, 6-week workshop curated to address some of the greatest challenges we hear from parents.

### “PROACTIVE STRATEGIES TO PREVENT REACTIVE PARENTING”

In this workshop, you will learn how to:

- **Better understand the “why” behind your child’s behavior**
  - **Identify strategies to prevent conflict**
  - **Respond more effectively when there is conflict**
  - **Feel more in control of your own emotions**
- **Build your children’s self-esteem and self-motivation**

The group will meet weekly for **six sessions** from **10am - 11:30am** beginning **Friday, January 27, 2023**.

Throughout this workshop we will explore strategies to create change in our parenting dynamics — from gaining a greater insight into the “why” of our children’s actions to learning new tools to prevent our own over-reactions.

If you are struggling with unhealthy patterns of conflict in your family, this workshop will give you the opportunity to reflect on the underlying causes as well as learn effective strategies to feel more in control of your emotions and confident in your actions.

There is no one size fits all when it comes to parenting, so we will work together each week to adapt the strategies to fit your evolving family.

## WEEKLY SESSION OVERVIEW

### Week 1: Why Do Our Children Do What They Do?

We'll start off our series by exploring the "why" behind our children's behavior. Children have wants, needs, and desires that are translated through behavior. By exploring what brings them happiness as well as what brings them stress, we can better understand how to balance their needs with our own expectations.

### Week 2: What Strategies Can I Use to Prevent Conflict?

"Children do well with structure," is a common (and accurate) phrase. What's often omitted is that parents *also* do well with structure. When routines are predictable, expectations are clear, and consequences are consistent, there is a more natural (and flexible!) flow that results in more time for shared experiences and less time reacting to put out fires. We'll spend Week 2 identifying routines and expectations that can fit the unique needs of your family.

### Week 3: How Can I Communicate Better with my Kids?

In Week 3 we will work through 5 specific strategies to improve communication with your child – even in times of conflict – while preserving your relationship. Parents will also learn how to translate our expectations more effectively for our children and utilize consequences that teach positive behaviors vs. merely "punish."

### Week 4: How Can We ALL Increase Our Emotional Regulation?

Children learn many of their emotional regulation skills from what is modeled by the adults around them, and they often test their adults' regulation skills in ways that are impossible to predict!! By learning to notice our own triggers, we can become more effective at both influencing our children's behavior as well as lowering the emotional temperature in our home.

### Week 5: How Can We Promote Confidence, Independence, and Motivation in Our Children?

In Week 5 we'll practice specific language we can use to build motivation, confidence, and creative problem solving in our children. We will role-play scenarios that help you identify the best way to respond to, model, and cultivate these positive traits.

## WEEKLY SESSION OVERVIEW (CONT'D)

### Week 6: Putting it All Together

In our final week, we will revisit the tools we have learned from previous weeks to ensure we walk away with a personalized “implementation plan” for our family. This is the opportunity to get your questions answered, revisit any strategies that seem unclear, and share the successes you have seen thus far in the process.

### THE DETAILS

#### Schedule, Cost and Group Size:

- **COST:** 6 weekly sessions and materials are **\$650.00\***  
(\*spouses are 50% - use code *halfoff*).
- **SIZE:** The parent group is limited to **10 parents.**
- **DATES:** The group will meet on six **FRIDAYS** from **JAN 27 – MARCH 3** from **10am – 11:30am.**
  - **LOCATION:** The StudyPro offices:

6849 Old Dominion Dr. Suite 200 McLean, VA 22101  
Phone: 571-321-5800

#### Why Attend This Parenting Group:

As parents, we can all benefit from just a bit more predictability in our families and lives. If you are tired of threatening to take away electronics and frustrated with putting out fires, join us and walk away with some fresh new ideas and inspiration from Tina's highly practical parenting tips.

[REGISTER HERE](#)