



KIDS EMPOWERED

Phone: 248-757-0912

Website: www.girlsempowered.com

Parenting workshops

Navigate the Kid World: Learn the often shocking ways that kids can be mean to each other: teasing, bullying, manipulating and intimidating. Parents will learn about four roles children often play in social circles: the Mean Kid/Bully, the Bystander, the Doormat, and the Empowered kid. Parents will learn how to help their children identify the behavior and learn strategies to respond to these situations that happen on the playground, in the lunch room, in the hallways-everywhere! Help children deal with exclusion, put-downs, name calling and gossip as they learn healthy ways to interact, communicate and maintain friendships.

Building Self-Confidence: Parents will learn how they can help build their children's self-esteem and confidence. Learn over 25 ways to work on self-esteem, social skills, and self-efficacy. Creating an environment to foster your child's self-esteem is one of the best gifts a parent can give their kids.

Stop the Fighting! Tired of arguing with your child? Learn the basics of consultant-style communicating with using the practical, common sense, ready-to-use techniques of the Love and Logic Philosophy. Love and Logic helps raise responsible kids and builds life-long relationships with them. Prepare your child to live in the real world with its many choices and consequences.

Guiding your children to problem-solve

Following the love and logic model, this workshop teaches an easy to use procedure of communicating with kids to walk them through a problem and into a solution. It is useful with all ages of kids as it can be easily adapted for little ones and is a great way to keep the lines of communication open with adolescents. Through this facilitative method, kids are empowered to make their own decisions within limits set by the adult. Mastering this technique is a great way to improve the odds of raising responsible kids who are ready for the real world when they become adults!

Conquering Homework battles, chores, and more...

This workshop gives practical, useful techniques for parents to end the arguments over chores, homework, grades and much more. Parents will be presented with ideas for plans to begin implementing in their families. Emphasis is placed on setting limits, following through with consequences, keeping an open and strong link between home and school. Instructor is a parent, school social worker, and outpatient therapist.

R E S P E C T -- How to get it. How to give it. How to teach it. Do your children ignore you and undermine your authority? Are you embarrassed by their behavior around other adults? Do you feel you have no voice in your own home? Learn five simple strategies for gaining the respect you deserve from your children (and spouse, too!). Don't be the invisible parent. Step forward and be heard. Become your child's most effective role model and earn your family's respect.

Parenting through Puberty -- Age 10 to 13 is a difficult, ever-changing phase for most children and can tax the patience of even the most understanding parent. Learn what's happening to your child's body and brain as they move through puberty and the best methods for coping. Ground-breaking brain research is defining the pubertal child in ways never before understood. Use this research to help prevent self-destructive behaviors and build confidence and self-love instead.

Parenting workshops are 1 $\frac{1}{2}$ hours and can be tailored depending on the topic.