

# Parenting Education for School Families

**Zoom Trainings 2nd Tuesdays 6:00 p.m. -7:00 p.m. \*Recorded**

Join us live or watch a recording yourself or in groups. Pre-register to gain access and resources.

## **Tuesday, September 14<sup>th</sup>: Parenting with Presence and Connection**

Strategies to become more consistent, present, playful, and connected with your children and teens: bring awareness to how your past impacts your present.

**Pre-Registration:**

[https://zoom.us/meeting/register/tJIof--urzkgH9JOOfi5ho\\_f-hQisDaeqHfg](https://zoom.us/meeting/register/tJIof--urzkgH9JOOfi5ho_f-hQisDaeqHfg)



## **Tuesday, October 12<sup>th</sup>: Child Development: Changes vs. Red Flags**

Gain an awareness of typical child and adolescent development, common challenging behaviors, as well as signs of mental illness and support available.

**Pre-Registration:**

<https://zoom.us/meeting/register/tJMlf-uqpi4rH9yY5InpHCibXhG4n6CSzL1x>



## **Tuesday, November 9<sup>th</sup>: Technology & Limit Setting**

Internet safety issues and risks: tools to navigate screen time, R and X rated content, and limit setting.

**Pre-Registration:**

<https://zoom.us/meeting/register/tJIlc-GtpzkvGNLXwhFyWqovMCMF1Jeeynav>



## **Tuesday, February 8<sup>th</sup>: Co-Parenting with Partners**

Skills for co-parenting: how to set boundaries, communicate, maintain relationships, and resolve conflicts.

**Pre-Registration:**

[https://zoom.us/meeting/register/tJYscuggrzkqHNZ-T7EPQ\\_ooQ7G-NsjjAFWj](https://zoom.us/meeting/register/tJYscuggrzkqHNZ-T7EPQ_ooQ7G-NsjjAFWj)



## **Tuesday, March 8<sup>th</sup>: Emotional Intelligence & Calming Kids**

Strategies to raise emotionally intelligent children and teens: Build empathy, decrease meltdowns, and manage emotions.

**Pre-Registration:**

[https://zoom.us/meeting/register/tJUrf-uvpjgpG9Gnlq\\_hDiT-Ebo22E1Q\\_dbu](https://zoom.us/meeting/register/tJUrf-uvpjgpG9Gnlq_hDiT-Ebo22E1Q_dbu)



## **Tuesday, April 12<sup>th</sup>: Social & Emotional Learning at Home**

A movement across the nation improving student outcomes: Learn the five competencies of SEL and gain activities to foster each of them at home.

**Pre-Registration:**

<https://zoom.us/meeting/register/tJYsc-qoqT0sGtcOp3PysmGYdIksuVapvfXZ>

