



2 Hour Workshop Topics

Encouraging Kids Family Resource Center, 10 Reeves Ave, Hamilton Twp., NJ 08610
Phone 609-848-1400 Fax 609-848-1401 info@encouragingkids.org

1. Balancing Work and Family - Learn how to nurture yourself and your family so that your family supports your work. Find the balance.
2. Balancing Love and Discipline - Introduces the concept of firm and kind, unconditional love and the value of more action and less talk.
3. Consequences that Work - Introduces the concepts of natural and logical consequences and how parents and teachers can effectively use them.
4. Creating Cooperative Families - Teach how to create a cooperative family or classroom atmosphere and what to do when there is a lack of cooperation.
5. Effective Parent-Child (Teacher-Child) Communication - Introduces the concepts of listening, Genuine Encounter Moments, handling feelings and conflict resolution.
6. Enhancing Children's Self-Esteem - Demonstrates 10 methods of disciplining while instilling high self-esteem.
7. Getting in Step with Step-Parenting - Learn how to work cooperatively with your ex and peacefully blend stepfamilies.
8. Handling Aggressive Children in the classroom, Birth through Six - Explore developmental and learned aspects of aggression and 15 actions you can take to correct this behavior.
9. Handling Sibling Rivalry - There is a difference between sibling rivalry and sibling conflict. Learn how to identify and correct each behavior.
10. How to Turn a Terrible Two into a Terrific Two - Learn to use developmental information and the mistaken goals of power and attention to make this difficult time wonderful.
11. "If you Don't Stop Crying..." How to Handle Children's Feelings - Learn the effects of feeling stoppers and feeling encouragers and how to work with children's feelings in each developmental stage.
12. "No I Won't and You Can't Make Me!" Effectively Handling Power Struggles - Learn how to recognize and disengage from a power struggle and what to do to lessen them in the future.
13. That's It, You're Grounded: Parent-Teen Communication - How to effectively communicate with your teen, set clear boundaries, and understand what happened to your child!
14. Parenting as a Team - Discover the underlying causes of couple's disagreements on parenting and learn how to create peaceful resolutions.
15. Take the Hassles out of Homework - Lessen the power-struggle, teach responsibility and goal setting and learn ways to encourage and self motivate children.

16. Tame Those Tantrums - Learn the concept of how less power means more. Learn how to diagnosis those tantrums and prevent them.
17. How To Bully-Proof Your Kids - Tips for parents, building self-esteem, problem-solving, what to do if your child IS the bully, and much more.
18. Teens – Gotta Love ‘Em – Learn typical developmental stages of adolescence and what to expect through this sometimes difficult period (for both parents and teens). You’ll find ways to stay connected while they push the limits!
19. Explosive Child - A new approach for understanding and parenting easily frustrated, chronically inflexible children – based on the book by Dr. Ross Greene.
20. Teaching Children Self-Control - Within developmental guidelines, learn how it is the parents/teachers job to assist the child in learning how to control and appropriately express their feelings and desires.
21. Tell Them What To Do, Not What To Don’t - Learn how a small shift in speech can create more cooperative, responsible children.
22. What To Do When Your Kids Drive You Crazy - Learn some alternatives to nagging, yelling and threatening and how to model self-control.
23. Asking For What You Want - Learn how to understand and overcome this difficulty and how to successfully negotiate.
24. Keeping Yourself Encouraged (And Spreading it Around) - Learn how to encourage yourself and those around you to achieve more in every area of life.
25. Resolving Conflicts - Learn the power of conflict resolution and negotiating to a win-win.
26. Ain't Misbehavin': Understanding the Up and Downs of Early Childhood In this workshop you will learn about normal developmental stages for ages of infant – 7 years including colic, tantrums, power struggles, fears and aggression. Parents will learn about letting go of control, giving power, staying detached and following through; supporting kids through even the toughest stages.
27. Food Fights & Bedtime Battles - A working parents guide to negotiating daily power struggles. As a working parent, you may sometimes feel like you're waging war with your kids. Behavioral and Developmental Pediatrician, Dr. Tim Jordan surveyed more than 400 parents and provides the information you need based on real life families.
29. Understanding ADHD - Certified CHADD volunteers provide an overview of diagnosis, treatment, behavior management, impact on the family, etc. for Parents/Caregivers and Teachers.
30. How To Take A Temperament – Understanding Child development research that has identified 10 temperamental traits that everyone exhibits to some extent. Learn how well your child/student’s temperament fit with your own and with his environment.
31. From “Gimme” to “Grateful” – Understand ways we over-indulge children to create the a bad case of the “Gimmees”. What are some of the contributing factors? How can parents / teachers influence a child and turn a gimme” into a “grateful”.

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Additional Workshops:

"Universal Precautions" for Preventing and Healing from Childhood Trauma:

When it comes to the impact of childhood trauma, we don't always know the best way to help. Learn how we all can improve the lives of those who may be struggling. We'll discuss the Adverse Childhood Experience (ACE) Study, 5 Protective Factors, & more.

Managing Stress & Pressure: A guide for Tweens, Teens, & Parents:

With packed schedules and scarce time, kids can get squeezed out of the spontaneous play and downtime that are important for physical and emotional health. Examine the stress triggers for your family, and learn strategies to lower the pressure.

Parenting Essentials (6-sessions):

Key concepts and skills of positive parenting are distilled into a results-based, four-part plan for you to address your children's misbehavior, build respect and motivate better cooperation. Each class session includes individual problem solving and support. As you watch your children growing more responsible, you'll experience less stress and more confidence as a parent.

The Case Against Spanking:

The topic of spanking and/or corporal punishment produces very, very strong feelings in virtually everyone who has an opinion. Learn some of the physiological effects of physical punishment and examine our own beliefs around this difficult topic.

The Vital Role of Fathers:

Research has shown how important fathers and adult male role models are for children. The way all children learn to relate to boys and men in their lives is often formed by watching their fathers, grandfathers, uncles, etc. Involved fathers not only reduce the frequency of behavioral problems in boys and psychological problems in young women, but also increases IQ along with decreasing delinquency and economic disadvantage. This workshop will explore the ways we can support fathers to take an active role in shaping their children's futures.