# Webinars for Parents in 2020

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# 2020 Webinar Program for Parents



#### Future-proofing your child

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

Key learning and discussion points include:

- Key trends that are changing the world
- Frameworks for future-proofing children
- Highlighting the X-factors for success
- · Explaining the role of school in a changing world
- · Helping parents to set realistic and relevant parenting goals

PRESENTED BY NIKKI BUSH



VOUCHER CODE FUTURE

EXPIRY DATE 18 JUN 2020



### **Understanding techno tantrums**

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- · How to establish and enforce firm guidelines and boundaries
- · How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't always end in 'scream time'

PRESENTED BY DR KRISTY GOODWIN



VOUCHER CODE TECHNO EXPIRY DATE 17 SEP 2020



#### Teaching young people about healthy relationships

In a world where young people are bombarded by adult themes, sexualised and destructive media messages, it can be hard for parents to feel confident to take on delicate topics with their child. In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions.

Key learning and discussion points include:

- The foundations of healthy relationships and relationship intelligence
- How to help a child develop flourishing relationships at each age and stage of their development
- Appropriate age guidelines for talking about body safety, sex and sexualised media
- How to respond when a child comes across pornography
- Conversation ideas on consent and respectful relationships

PRESENTED BY COLLETT SMART



VOUCHER CODE HEALTHY EXPIRY DATE 09 DEC 2020



### Parenting like a cat and dog

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

Key learning and discussion points include:

- $\bullet \ \ \text{How parents can identify their natural style and work harmoniously with their partner and/or support networks}$
- Building confidence to manage children who relish getting their own way
- Constructive ways to adjust communication so that it meets the individual needs of children
- $\bullet \quad \text{Effective methods to communicate with anxious children so they feel supported, safe and listened to}\\$
- Techniques to adapt parenting styles as children move into adolescence

PRESENTED BY MICHAEL GROSE



VOUCHER CODE METAPHOR EXPIRY DATE 31 DEC 2020

