

# Parenting Your Child For Success

## An Online Workshop for Caregivers Navigating the New World of Middle-School



### Why This Workshop? Why Now?

As professionals experienced in supporting hundreds of children and families, we recognize skill building as an essential tool in preventative care. The middle school years place increasing academic demands on children and present new social situations many children are not yet equipped to navigate. The Luminary Counseling team wants to give you and your child the skills and tools to be resilient as they face these new challenges, preparing them for future success.

### A Workshop Designed With You In Mind

This workshop focuses on helping you understand the common challenges middle-school children face, explaining the brain science behind their struggles and how executive functioning plays a big role. It will help you develop strategies to provide supportive scaffolding so your child can develop the skills to become more independent. A sampling of areas we will address include:

- Improving sleep
- Managing homework more successfully
- Organizing, planning and prioritizing assignments and activities
- Working independently
- Increasing motivation to start tasks
- Decreasing emotional dysregulation

Finally, we will solicit and discuss scenarios and questions related to your child's struggles.

### Workshop Content and Format

We have structured this online workshop for your convenience into three segments designed to increase your knowledge and develop skills:

#### Session 1 - January 14, 7pm - 8pm

- Learn about common challenges facing middle-school children
- Understand barriers that get in the way of children meeting expectations at home or at school
- Understand what you should be expecting from your middle-school-aged child (executive functioning).
- Learn ways to assess your child's specific needs

#### Session 2 - January 21, 7pm - 8pm

- Develop knowledge of executive functioning
- Understand the biology of executive functioning and why it matters
- Learn the causes of struggles with executive functioning
- Explore strategic interventions
- Identify a scenario that happens in your home to share with the presenter

#### Session 3 - January 28, 7pm - 8:30pm

- Develop techniques to support your child in developing more effective executive functioning skills

The final 30 minutes of this workshop will be dedicated to discussing themes from attendee-submitted scenarios and concerns.