



## ParentTeen Moments

www.parentteenmoments.com

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# Parent Workshop Topics

## OVERVIEW

ParentTeen Moments offers a variety of topics suitable for parents, families, teachers and/or school staff. We understand different audiences may require some topics to be addressed in varying ways. Although content may remain the same, the message may differ depending on the needs of the individual schools and demographics and language. For this reason we offer and highly recommend a consultation with a Certified PTM Parent Engagement Experts, to ensure topics are delivered in a relevant manner, suitable for your target audience. The following is a list of our most popular topics.

## TOPICS

- ★ *Let's Eat! Making Healthy Choices*
- ★ *Creating Meaningful Conversation & Social Connections*
- ★ *Facing the Monsters (Helping Your Kids deal with Bullies)*
- ★ *Teaching Your Kids To Be Grateful*
- ★ *Giving Back, It's Cool*
- ★ *Setting SMART Goals & Creating Vision Boards*
- ★ *Improving Communication with Your Teens*
- ★ *Confidence Building: Love Yourself First*
- ★ *Make Money & Save: Developing Financial Literacy*
- ★ *Power of Red: Encouraging Your Kids to Be Drug Free*
- ★ *College Mindset! Understanding College Readiness*
- ★ *Guide to Good Parenting & Understanding your Resources*
- ★ *Feeling Fit "Zumba Fitness" & Wellness Assessment*
- ★ *Strengthening Math & Reading Skills*
- ★ *Discipline: Strategies for Parents to Raise Thriving Kids*
- ★ *How to Help Your Child Succeed*
- ★ *Sexting & Internet Safety*
- ★ *Managing Stress Developing*
- ★ *Effective Parenting Skills*
- ★ *Never Too Late: GED Information*
- ★ *Tools for Parents: Stress Management & Conflict Resolution*
- ★ *Coping with Anxiety through Emotional Intelligence*
- ★ *Be The Change: How to be the Leader*
- ★ *Managing Difficult Conversations*
- ★ *Work & Life Balance*

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## TOPIC DESCRIPTIONS

- ★ **Let's Eat! Making Healthy Choices.** *Discover the reasons why eating healthy is a must. Learn how to identify better food choices for the family. This interactive presentation is often accompanied by a quick easy to make recipe that parents/families can savor. This talk is also a great intro to our popular Feeling Fit presentation.*
- ★ **Creating Meaningful Conversation & Social Connections.** *It all starts with a simple conversation. Avoid frustration, learn the best ways to strike up real talk, beyond the one word answers. Learn simple ways to communicate effectively and efficiently with your children and your peers.*
- ★ **Facing the Monsters (Helping Your Kids deal with Bullies).** *Bullying is a challenge that many students face throughout their school life. Even adults can be victims of bullying. Find out ways you can equip your children to discourage this behavior and instead, inspire respect.*
- ★ **Teaching Your Kids To Be Grateful.** *In an era of entitlement, parents can benefit from the tools that encourage gratefulness rather than a sense of "I deserve it why can't I get it?" Get a few great tips, which you can put into practice immediately to ensure your child experiences life-long happiness through gratefulness.*
- ★ **Giving Back, It's Cool.** *Did you know students are required at least 100 hours of community service by the time they finish high school? Explore the essence of community service and recommendations to make a greater impact. Find out ways your child can obtain hours and gain a sense of purpose and meaning; besides it looks great on those college applications.*
- ★ **Setting SMART Goals & Creating Vision Boards.** *A goal is just an idea unless we create a SMART actionable goal and visualize the outcome. This totally hands-on-workshop allows your audience to experience the power of imagination coming to life and provides concrete tools to reach goals.*
- ★ **Confidence Building. Love Yourself First.** *Confidence starts from within. Know how to build up confidence and self-love. Learn mindfulness exercises and specific techniques to make this happen and persevere.*
- ★ **Make Money & Save: Developing Financial Literacy.** *Today's economy requires certain ways of doing things. For many that includes a change of mindset and a shift in everyday money habits. This talk will get the money conversations going at home and into the money-jar.*

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- ★ **Power of Red: Encouraging Your Kids to Be Drug Free.** *We all know the dangers of drugs, yet everyday seems like a new drug is affecting our youth. Find out the best way to address this issue with your kids. Learn the signs to look out for and know the resources available for you.*
  - ★ **College Mindset! Understanding College Readiness.** *It's never too early. Competition is steep when it comes to going to college. Will your child be ready to rise to the occasion. It's not just academics. Get the scoop and start prepping today for your child's future.*
  - ★ **Guide to Good Parenting & Understanding your Resources.** *Our community is full of resources, some are even FREE. Understand your role and discover what's out there to help you be equipped with the right tools for parenting.*
  - ★ **Feeling Fit "Zumba® Fitness" & Wellness Assessment.** *Ever feel tired or overworked? This presentation will ignite your energy! Zumba® is an exhilarating dance exercise routine that will have your audience moving and shaking. Perfect way to inspire healthy living and a healthy attitude.*
  - ★ **Strengthening Math & Reading Skills.** *The foundation of literacy starts at home. Sure teachers address math and reading, yet these fun-to-do home tips presented at this lively workshop offers parents ample ideas of what to do to help kids use reading and math in everyday life and boost those scores.*
  - ★ **Discipline: Raising Thriving Kids.** *While many frown upon the word "discipline", experts prove the true meaning of discipline and the effects on raising children. Keep your kids on the right track with our effective tips.*
  - ★ **How to Help Your Child Succeed.** *Research shows success has different meanings to different people. Get practical tools to measure success and inspire your child to do the same.*
  - ★ **Sexting & Internet Safety.** *Cyber-connections are in the forefront of most of our youth today. Do you know the law behind sexting and staying safe? Lean vital information you cannot leave out of the cyber equation.*
  - ★ **Managing Stress Developing.** *We all experience stress at some point, yet the question is what will do with the stress? Learn specific mindful techniques to manage stress. Be the role model!*
  - ★ **Effective Parenting Skills.** *Being a parent is not easy, especially if you are trying to keep up with the trends while instilling healthy values. It*

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*takes engagement, communication and true connection. It's all possible. Get practical tools to help you on your parenting journey.*

- ★ **Never Too Late: GED Information.** *South Florida is a melting-pot in the land of opportunity. Unveil possible solutions to excel in life through FREE resources for professional advancement. Learn the first steps in this presentation.*
- ★ **Tools for Parents: Stress Management & Conflict Resolution.** *Did you know that research shows that many diseases start through high levels of stress. It is imperative to teach our youth how to cope with stressful situations and manage conflict. It's not about avoiding or confronting, it's about offering solutions.*
- ★ **Dealing with Anxiety. What to do?** *Learn the signs of anxiety and how to address these. When should you seek professional help and how can parents help?*
- ★ **Be The Change: How to be the Leader.** *Leading by example is a virtue. Parents get to be a positive influence on their children and help nurture their leadership qualities. Leadership is a learned trait.*
- ★ **Managing Difficult Conversations.** *Can we save that talk for later? This may be what you hear and you don't know what to say. Learn ways to tackle any conversation without lecturing. Speak so that your youth really want to listen to you, regardless of the topic.*
- ★ **Work & Life Balance.** *Access the key of making to making this work. Life is a balancing act but there is a learned behavior you'll want to master.*
- ★ **How to Raise Resilient Children/Teens.** *Kids don't come with a manual, yet we have a job to do. In this presentation, parents will receive specific guidelines on how to help empower their children, in these unsure times, to overcome peer pressure and be emotionally stable.*

## **ADDITIONAL TOPICS**

Don't see a topic you would like addressed at your school? Contact ParenTeen Moments and we'll happily customize a presentation for you and your audience. We collaborate with an array of experts that allow us to deliver on different relevant topics. Email [mery@parenteenmoments.com](mailto:mery@parenteenmoments.com)