Brief of modules

Preferred Division of age group:

- 0– 5 years

- 6 – 11 years

- 12 – 15 years

1. How to discipline in a manner that works: A conscious parent – child relationship isn't parent versus child, but involves a circular dynamics of parent with child. This module focuses on helping parents resort to a ' behavioural shaping' method to disciplining, implying contouring, teaching and adjusting till a desired behaviour is achieved. (Suitable for all age groups)

    Follow up session: Yes

2. Balance - Research shows that only 10 percent* of mothers, working full-time, give themselves the highest rating for their parenting and 24 percent of mothers working part-time give themselves a 10 as a parent (*Pew Research Center survey). As a working mother or a single mother, it is essential to be comfortable with the choice to work. Soaking themselves with guilt, stress, anxieties, one tends to unconsciously fall in a trap allowing their sense of self worth entangled with children's behaviour. (Suitable for all age groups)

    Follow up session: Yes

3. Learning values 'soulfully' - In the past, parents could rely on their children learning good values through role modelling alone at home or schools. Children, parents and extended families lived in close, tight-knit communities where the values they saw and learnt were reflected in the everyday lives of the people around them. In today's time however, with communities and family more widely dispersed, children are exposed to alternate values through peers, television and other forms of media. This module talks about how to keep kids on the right track. (For age group 8 – 13)

    Follow up session: No

4. No, Go, Tell – This 2 hour workshop addresses the important elements of Sexuality Education and educating parents to talk to their children about Personal Safety. The focus here is on Safe, Unsafe and Confusing touch, being assertive & practicing No.GO.TELL. (Suitable for age group 0 to 5 & 6 – 11)

   Note: For parents of teenagers, focus is more on sexuality, relationships, differentiating between love and attraction and being safe.

   Follow up session: No

5. De – coding behaviours – Why do children behave the way they do? What's on their mind and heart? What's the story? This module helps parents know behaviours from a child's 'natural' self and enables them to raise children without judgments and deal with them from a neutral state. (suitable for all age groups)

   Follow up session: No

6. Teaching children to deal with bullying, teasing & peer pressure. Bullying is the most common form of abuse widely prevalent across schools & neighbourhood. Nearly a third of all children aged between 12+ face some form of bullying every day and the numbers are no different for younger children. This module helps parents learn ways to talk to children about bullying & other forms, work on a child's attitude, teach assertiveness and provide them with an emotional ladder to grow. (suitable for kids of 0 to 7 & 8 – 13)

   Follow up session: No

7. Free your child: Children are born with immense potential, but looses out on the encouragement, appreciation and the supporting environment that helps in bringing out the best in themselves. They receive messages from people around them, that either promotes their creativity and the drive to succeed or leaves them with confusing thoughts of themselves and the world around them. The way parents see their children, play an important role in the way they influence and support them to postively think and feel. What children need today is the opportunity to believe in themselves and the right attitude to discover their true worth. This

module helps parents understand, promote and build self esteem of their children.(More for age group 6 – 11, 12 to 15)

Follow up session: No

8. Co- Parenting - Today parenting is a shared responsibility between a father and a mother, with both contributing to the overall development of their child. Co – parenting also requires one to align goals, visions, parenting styles, leadership roles, energies, Skills & values with the other. This module bring together ways that each can collaborate, work together & align themselves to raise happy responsible children. It also addresses conflicts or disagreements that may occur and working with other members (extended) of the family. (For all age groups)

Follow up session: Yes

9. It's just a routine – Toilet training, how to behave on outings, and following meal times and bedtime routines are few essential skills parents want their children to learn but toddlers may have difficulty with. This module provides parents with information and co – evolve strategies to establish and set healthy habits in place. (suitable for 0 to 5 age groups)

Follow up session: No

10. Spending quality time with the child – Principally, a parent is aware of the need to spend quality time with their children. But what is quality time? With 'Time' considered to be -a huge investment today, how can one build a strong foundational parent – child relationship and be connected in a manner that is both deep and fun. (Suitable for age all age groups)

Follow up session: No

11. Dealing with Tantrums & emotional outbursts - Tantrums, one on side being a normal part of development, can take a toll on the parent emotionally. The 'loss of being in control' may evoke a sense of anger, directing a parent to choose ways that is

unconstructive and harmful. This module helps parents co – create strategies that allows them to release themselves of the grip of anger and deal with tantrums effectively. (suitable for 0 to 5age groups)

Follow up session: Yes

12.   Nurturing the natural way – This module helps parents understand the hearts, minds, and bodies of their growing children. It also enlighten their behavioural patterns, priorities and choices, allowing a parent to be sensitive to growing needs of their children. (All age groups)

Follow up session: No

13.   Raising Responsible Kids – A parent is left wondering on ways to teach their children about 'Being responsible'. While children perceive this idea in a different light, parents are constantly striving to engage children to demonstrate this important value at home and in their lives. This module teaches parents to talk to their children about responsibility, reason with them meaningfully and create a conducive environment to practice, question & relearn. (suitable for all age groups)

Follow up session: May be required

14.   Dealing with Sibling rivalry - Siblings often see themselves as rivals competing for an equal share of limited family resources (like the bathroom, telephone, or last piece of cake) and most importantly parental attention. This module helps parents to deal with sibling rivalry and conflicts neutrally and help siblings work together. (suitable for all age groups)

Follow up session: No

15.   Tech- Addict - Addiction" is a word that's casually thrown around to describe the increasing attachment to digital technology among children, but new research shows that it may actually be a very apt describer. The majority of teens and younger children spend as much as 75 percent of their waking lives staring into some sort of screen, and they

exhibit symptoms of withdrawal, depression & anxiety when deprived of their gadgets. This module teaches parents talk to their children about managing technology and be mindful about their own relationship with gadgets. (suitable for age groups 6 – 11 & 12 – 15)

Follow up session: No

16. **Study** - What helps students learn? What helps students develop positive habits for learning? What helps students do their best in school? Every now and then students will ask their teacher 'what is the best way to study?'. There is a very short answer to this – there is no best way! 'Meta cognition' is all about taking the time to try and understand more about the process of learning and role as a learner. Parents who take a meta cognitive approach to learning definitely improve their results much more than those who do not. This module aims to instil awareness about learning styles and abilities, thus maximising every student's learning potential and attitude towards learning. (suitable for all age groups)

Follow up session required: No

17. **How to handle your child's mistake:** More than the actual mistakes, it is the meaning that we draw out, that makes all difference especially while correcting the child. This module teaches parents how to handle their child's mistakes & understand why they did what they did. (suitable for all age groups)

Follow up session required: No

18. **Effective Praise** – Parenting experts tell us that it is important to praise your children regularly, and that praise effects behavior patterns more than discipline does. And one of the best ways to show your love and concern to your children is to give them positive feedback. This module teaches the parents how to use praise effectively to motivate, connect deeper with the child and instil feeling good factor. (Suitable for all age groups)

Follow up session required: No

19. **Teaching children social skills** – This module covers aspects of social skills, preparing a child to interact, socialize and co – exist with others. It teaches parents to teach children, how to ask permission, listen to instructions, accept No answers, stay calm, apologise etc . (suitable for 6 – 11 & 12- 15)

Follow up session: No

20. **The Gift** - Supporting your children during exams – Apart from planning & hard work, children need the right environment and support during examination times. An environment that a child recognizes honours and meets their physical and emotional needs. This modules helps parents to create that supporting environment & respond appropriately and help child find their strengths. (Suitable for age group 6 – 11 & 12 – 15)

Follow up session: No

21. **Talk and Listen to your teen** – Even though a parent may be prepared, to some extent, for changes in our child's behaviour, no one prepares us for our feelings of loss. Loss of confidence, loss of old relationship, loss of being needed by a teen, Loss of control leaves a parents feeling overwhelmed, disconnect and confused. This module helps parents to talk to their teens in a language they will understand and comply with.

Follow up session: Yes