



## Topics For A Parenting Workshop

By Kelly Nault

Let's face it—choosing the **right** topics for a parent workshop can successfully motivate parents to attend your events.

If you are a counselor, educator, father or mother interested in facilitating a parent workshop that provides the tools for raising responsible, happy and compassionate children, then this article will help steer you in the right direction.

Having been in the parenting education field for over a decade, I'm happy to share with you what has worked best for the participants in my parenting workshops. I also share some tips from moms across North America who have used my book *When You're About To Go Off The Deep End, Don't Take Your Kids With You* as a guide for their own study groups and workshops.

### Today's Hot Parenting Workshop Topics

Here are the top 10 topics for workshops that parents want and need:

1. **Self-care** and balancing work and home
2. Developing **self-esteem and confidence** in children
3. Choosing an approach to **discipline** that works
4. **Homework** and music lesson challenges
5. **Chores** and developing responsibility
6. **How to have a good marriage** (or in some cases, a good divorce)
7. **Bullying** and how to foster compassion in children
8. **Sibling rivalry** and favoritism
9. **Allowances** and money
10. **Temper tantrums, communication and conflict**

If you are looking for dynamic, useful, fun topics for a series of parenting workshops or parent study groups, I suggest checking out the following books:

- *STEP (Systematic Training for Effective Parenting)* by Dr. Dinkmeyer and Dr. McKay
- *Positive Discipline* by Dr. Jane Nelsen
- My own parenting book, *When You're About To Go Off The Deep End, Don't Take Your Kids With You* (a favorite with moms).

## Ideas For A Parenting Workshop Series

Below is an example of a fifteen-week course based on my parenting book and successfully used by many mothers' study groups. Each week of the course focuses on one chapter of *When You're About to Go Off the Deep End, Don't Take Your Kids with You* and covers the main topics listed below. Each chapter of the book ends with a summary and suggested homework activities to make your role as facilitator even easier.

### **Week 1: Could Your Approach To Motherhood Be Giving Your Grief?**

How to choose the best discipline approach for you, why you'll want to discipline without spanking, and how to receive the respect you deserve.

### **Week 2: How A Mom, Like You, Can Find Guilt-Free TLC**

Why you don't want to be a mom who does it all, how to bust stress with simple techniques easily, and how to manage your time so there's time left over for you.

### **Week 3: "Get A Life!" – For The Sake Of Your Kids**

How to reignite your own dreams, practical ways to have greater joy in your life, and getting back into the driver's seat of creating your best life.

### **Week 4: How To Utilize Your Community to Raise Your Child Well**

How to attract great friends, get the support you need, and the essential "life trips" you'll want to take your kids on.

### **Week 5: Give Everyone In Your Home What They Want, Including You**

How to establish trust in your home, how to run a family meeting no one will want to miss, and simple family rituals that can connect the whole family.

### **Week 6: What Every Mom Ought To Know About Solving Sibling Rivalry**

How kids from the same family can be so different, favoritism and what to do about it, and the best way to stop sibling fights from driving you crazy.

### **Week 7: How To Get Your Kids To Do Their Chores Smiling**

How to get the chores done without nagging, what are age-appropriate chores, and a discussion about paying children for doing their chores.

### **Week 8: How To Boost Your Child's Self-Esteem 10-Fold!**

How you can make or break your child's self-esteem, what are encouraging phrases that you can immediately use to boost confidence, and the top 10 ways to encourage your child.

### **Week 9: How To Keep Your Sanity In Times of conflict**

What to do when you or your kids mess up, how to choose your fights wisely so the entire family doesn't lose, and how to learn a special time-out that works every time for children of any age.

### **Week 10: How To Give Your Child Choices That Won't Haunt You Later**

How to use choices that inspire your children to want to be well behaved, how to set effective

boundaries, and how to say “Yes” to your children while still getting what you want.

### **Week 11: Consequences That Save A Mom Time and Frustration**

The two types of consequences that work to get the best from your children, how to remind without nagging, and how to use teachable moments to provide your child with wholesome values.

### **Week 12: How To Master The Tough Stuff From Tantrums To Sex**

What to do when your child lies, how to get easily your kids up in the morning, and how to motivate your kids to do their homework—and much more!

### **Week 13: Daring To Deal With Dads**

How to forgive for the sake of your kids, how to support and motivate a dad who is involved with his kids, and how to deal with a dad who just isn't there.

### **Week 14: Your Kid's Allowance – It's Just "Common Cents"**

How to give allowances that teach life skills, how to stop being your child's personal ATM machine, and how to delegate new money tasks to your kids that naturally teach budgeting and appreciation for what they have.

### **Week 15: Is Your G-Spot A Big Part Of Your Life**

How to bring spirit into your family, how to shrink your problems to a manageable size, and how to rekindle your faith during the tough times.

Please note that you can easily make this 15-week parenting course into a shorter workshop series by combining chapters or by choosing to focus on topics that particularly stand out for you and the group.

Whatever topics for a parent workshop you choose; make certain the event is enjoyable (neither a therapy session nor a lecture). Get input from your group, have fun and, together, enjoy learning the tools that can unleash the best within your parent participants—so they can unleash the best within their kids.

Kelly Nault, MA corporate spokesperson and award winning parenting author of *When You're About To Go Off The Deep End, Don't Take Your Kids With You* inspires moms to put themselves first—for the sake of their children. She shares time-tested tools that motivate children to want to be well behaved, responsible and happy! Sign up for her free online parenting course at [www.UltimateParenting.com](http://www.UltimateParenting.com).

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