



# **PARENTING TODAY**

## **2017 – 2018**



Workshops will be held from 6:00pm – 8:00pm at Jameswood Community School (Educational Support Services), 1 Braintree Crescent. Free pizza supper will be offered from 6:00pm – 6:30pm and session will take place from 6:30pm – 8:00pm. To register please contact Arlie Williams-Taylor at 204-885-1334 or email [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net)

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### **TRIPLE P – SEMINAR 1: THE POWER OF POSITIVE PARENTING**

#### **OCTOBER 10, 2017**

Presented by Kristy Wake, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division.

This seminar will introduce parents to the five core principles of positive parenting:

- Ensuring a safe, engaging environment for children
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

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### **TRIPLE P – SEMINAR 2: RAISING CONFIDENT, COMPETENT CHILDREN**

#### **OCTOBER 17, 2017**

Presented by Kristy Wake, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division.

This seminar will show parents how they can use positive parenting principles to teach children important values and skills, such as:

- Encouraging respect and cooperation
- Learning to be independent
- Learning how to develop healthy self-esteem
- Learning how to become good problem-solvers

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***FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. Once registered for any session, IF YOU CANNOT ATTEND, please cancel by contacting Arlie Williams-Taylor at 204-885-9555 or [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net)***

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## **TRIPLE P – SEMINAR 3: RAISING RESILIENT CHILDREN**

### **OCTOBER 24, 2017**

Presented by Kristy Wake, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division.

This seminar will focus on how parents can help children learn how to:

- Recognize and accept feeling
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings

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## **COACHING FOR CONFIDENCE**

### **NOVEMBER 21, 2017**

Presented by Dr. John Walker, Professor – Department of Clinical Health Psychology, University of Manitoba and Director of the Anxiety Disorders Program, St. Boniface Hospital.

Shyness and anxiety are normal human emotions. Some children, however, are much more shy or fearful than the average child. For these children, anxiety may interfere with their enjoyment of school, activities with other children, new experiences (Swimming lessons, birthday parties, etc.), and their development of independence and confidence. In this session, parents will learn about anxiety in children.

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## **SELF-REGULATION STRATEGIES**

### **FEBRUARY 6, 2018**

Presented by the Occupational Therapy Team, Educational Support Services, St. James-Assiniboia School Division.

Self-regulation is the ability to efficiently and effectively recognize and respond to stress. This seminar will focus on the sources of stress behaviours and will review practical strategies to help you and your child overcome stress to achieve an optimal state for learning. An overview of the Zones of Regulation, a curriculum being used at some early and middle schools in the St. James-Assiniboia School Division, will also be provided.

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## **ADHD: ASSESSMENT AND INTERVENTION STRATEGIES**

**MARCH 13, 2018**

Presented by Dr. Maria Phelps, School Psychologist, Educational Support Services, St. James-Assiniboia School Division.

This workshop will explore the neuropsychology of ADHD in terms of assessment and diagnosis. The emphasis will be on evidence-based interventions and strategies for home and school from childhood to adolescence.

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## **SUPPORTING SPEECH AND LANGUAGE DEVELOPMENT AT HOME**

**APRIL 17, 2018**

Presented by Speech-Language Pathologists, Educational Support Services, St. James-Assiniboia School Division

Students who receive speech and language support at school benefit from practice at home. The purpose of this presentation is to provide parents with simple, quick and easy activities that can be done as a part of the daily routine. We will provide suggestions for helping your child practice speech sounds and language skills at home.

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