



SPEAKING TOPICS THAT HIT THE "HOT SPOTS" FOR FAMILIES

SIBLING RIVALRY

Bickering, fighting, tattling, hitting, name calling, competing and complaining! Oh what to do about siblings who refuse to get along?

- Learn strategies to prevent, reduce and respond effectively when siblings fight.

HONEY, I WRECKED THE KIDS

Misbehaving children always make us question if we are parenting properly. We feel like we are messing up our kids. Learn the 4 misbehaviour dances we do with our children and how to get out of them. Learn why punishment and rewards no longer work with this generation.

- Learn new effective discipline techniques to feel more confident and positive about parenting.

BULLIES NO MORE

Is your child being bullied? Do you think your bossy child might have the makings of being a bully? What is a parent supposed to do when they discover bullying behaviour? How do we keep our kids safe online?

- Learn how to bully-proof your kids and promote healing and restitution.

RESOLVING POWER STRUGGLES

Do you lock horns with your child? Are they "willful", "stubborn" and resistant to typical parenting tactics? Do you recognize the signs of a power struggle before you're in the thick of it?

- Learn a 4 step approach on moving from conflict to cooperation.

EMPOWERING INDEPENDENCE

Why is it so hard to get our children to be punctual, do their chores and manage their school work without our constant nagging and supervision. Which of your behaviours are hindering you from transferring responsibility to your children?

- Learn the correct strategies to employ and keep kids accountable.

WORK LIFE BALANCE

As a busy working parent trying to raise a cooperative family, the idea of work life balance often feels unachievable. Put an end to the need for perfection and refocus on the need for balance, self-care and value-based decision making.

- Learn Solutions that cool down the "hot spots" of problems for working families.

THE JOYS & FEARS OF THE TEEN YEARS

Teens today are facing trials and tribulations that require a unique and empathetic parenting approach. A refreshing understanding of how great teens can be as they make the transition from tweenhood to adulthood.

- Learn interpersonal solutions to teen problems and the real challenges you need to prepare for.

Alyson Schafer is a psychotherapist, best selling author and internationally acclaimed parenting expert with an approach that empowers families to live as a democratic unit. Her style is fast, witty, warm and engaging. She is the resident expert on The Marilyn Denis Show, CTV News Channel and ParentDish.ca.

She is an international speaker including the inaugural TEDxKids in Brussels and offers free parenting tips at www.alysonschafer.com

