

Parent Power Series© – Workshop Titles

This menu highlights the wide range of family workshops designed to support PTO/PTA engagement and parent coordinator initiatives. Each title is parent-friendly, practical, and grounded in brain-based strategies that help families learn, grow, and thrive together.



Understanding Your Child

Helping parents better understand how children think, learn, grow, and develop.

- Inside Your Child's Brain – Why kids learn, act, and react the way they do
- ADHD at Home – What parents can do (with or without a diagnosis)
- What Is Neurodiversity? – Strengths and supports for every child
- What Is a Bilingual Brain? – Surprising benefits for learning and identity
- Executive Functions Made Simple – What they are and how to support them at home



Emotions & Resilience

Helping families understand emotions while building resilience and confidence.

- Emotions 101 – Decoding big feelings (and how parents can help)
- When Big Emotions Take Over – Parent tools for meltdowns and shutdowns
- Childhood Anxiety Uncovered – Spotting triggers and building calm
- Raising Resilient Kids – Helping children bounce back from challenges
- The Perfectionism Trap – Freeing kids from "I'm not good enough"
- Mindful Families – Everyday tools to bring calm and focus home



Everyday Parenting

Practical strategies families can use every day at home.

- Talk So Kids Will Listen – How to be heard without losing your cool
- Parenting with Presence – Connection in the small, everyday moments
- Homework Without Tears – Building independence and focus
- Siblings Without Rivalry – Teaching fairness and perspective at home
- Raising Readers & Writers – Building literacy through emotions
- The Brain Needs Play – How art, games, and movement build resilience



Growing Up in a Digital World

Helping families navigate today's technology with confidence and balance.

- Focus vs. Screens – Helping kids pay attention in a digital world
- Tech & Mental Health – Protecting kids' balance in a wired world
- Bullying & Belonging – How parents can protect and empower kids



Strong Parents, Strong Families

Workshops that strengthen confidence, communication, and family well-being.

- Affirmation Hydration™ – The power of encouraging words to strengthen confidence, connection, and growth.
- The Invisible Load – Coping with parent stress, pressure, and burnout.
- Still I Shine™ – A women's experience celebrating resilience, purpose, and the strength to keep shining.

Programs can be customized to support your school's family engagement goals, priorities, and community needs.

Ready to Bring These Workshops to Your School?

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