Extra information

Workshop requirements
No prior knowledge is necessary. No materials necessary.
For this workshop to be a helpful learning experience you need to attend a minimum of 6 out of 8 classes.
You are required to work in groups of two or three throughout the workshop.
You are required to do readings and/or work outside of class time.

Intensive Work
This applied parenting workshop is focused on successfully integrating the knowledge acquired into your parenting. Therefore, be aware that in this workshop you will be expected to spend outside of class between 2 to 4 hours a week engaged in reading, observing your child, recording, and giving feedback to others. The more engaged you remain outside of the classroom, the more confidence you will gain in your parenting skills. I will offer you weekly guidance with regards to the activities that you can do at home to get the most out of this workshop.

Workshop facilitator's message
Parenting requires perpetual learning and development, as children grow and change. As a mother of two, I am continuously confronted with new parenting struggles. Having a bachelor's degree in psychology and a master's degree in Child Studies, I often resort to parenting literature from psychology and education to help me solve my parenting struggles. In my experience, researching information helps identify problems and potential solutions. However, applying research findings at home is quite challenging. Therefore, my main goal in this workshop is to guide you through the process of implementing new parenting strategies and adapting them to your home. To successfully implement parenting strategies, it is important to have a systematic approach that consists of observation, reflection, evaluation, and problem-solving. More importantly, it is essential to have support from other mothers in this process. I am thus motivated to help mothers acquire and practice *together* the skills needed to raise healthy and happy children.