

# Topics and Descriptions for Parent Workshops



by **GLORIA DeGAETANO**

Speaker | Author | CEO, Parent Coach International

Thank you for your interest! I can design any of these workshops for two hours, a half day, or a full day. We can also mix and match topics for a unique presentation to your group. Questions? Please contact: [info@gloriadegaetano.com](mailto:info@gloriadegaetano.com)

## Healthy Brain Development for Your Child's School Success

*"Gloria's explanation of brain function and development was eye-opening, clear, concise, and full of information which provoked more positive comments and discussion than I have ever heard expressed by an audience."*

### Penelope Wright

Program Coordinator  
Rogers Memorial Library  
Southampton, NY

*"Gloria's Healthy Brain Development workshop should be a pre-requisite to parenting."*

### Betty Wignes

Parent  
Sauk Centre, MN

How do children become the best learners that they can be? What can parents do to give their child "the edge" they need to be successful in this increasingly competitive world? How can children grow to become self-actualized adults, living fulfilled lives?

The answer is: Healthy Brain Development. That means the child's optimal cognitive, emotional, and social needs are adequately responded to, at the right time, each and every day in the home. And *that* means learning success at school.



The topics covered include:

- ▶ Recent brain research that demonstrates clearly what parents can do for children's optimal brain development at each stage of their development.
- ▶ The functions of three parts of the brain, what each part needs to work well, and why the executive function needs to be in charge of the child's learning and behavior.
- ▶ How the self-identity of the parents affects the child's emerging self-identity.
- ▶ How too much stress shuts down the learning abilities of children and teens, and what to do about it.
- ▶ How to set up the home environment to positively affect kids' learning abilities and capacities.
- ▶ The power of The Vital Five™: Essential human needs for you and your children.
- ▶ Components of critical and creative thinking and how to attend to them daily.
- ▶ Brain-Compatible Parenting™ principles and family activities.

# The Power of Appreciation in Parenting

*“Gloria DeGaetano is one of those rare people who bridge the gap between the practical realities and the inspirational vision behind the higher purpose of being a parent. She never fails to offer the deepest insights, whilst honouring both parent and child in the most profound way.”*

**Kim Simpson**  
Psychotherapist  
London

*“Your keynote and workshops were a treasure-trove of important knowledge and much-needed insights for our parents.”*

**Dr. Nilufer Ocel**  
Professor  
Istanbul University

Appreciative Inquiry, or AI, as it is often called, is an inquiry process of structured and timely questioning, and a set of principles for supporting and encouraging individuals to focus on the positive and move toward their ideal outcomes with hope and confidence.

Appreciative Inquiry is successfully used in businesses and corporations for professionals and organizations to reach their highest potential. Now, you can learn to use it in your family to discover more ease and joy in your parenting, as children and teens learn to appreciate themselves and others.

The topics covered include:

- ▶ Methods for asking appreciative questions that help the family discover what is already working well, along with ways to help establish this as a family habit.
- ▶ Strategies for parents to amplify children’s strengths and help them become more competent and confident.
- ▶ Specific strategies for recognizing “deficit thinking and talking” and practice in moving into positive thinking and talking that reflect a “language of hope,” which allows more effective parent-child communication.
- ▶ Proven ways to give children and teens positive feedback that helps them recognize their strengths and competencies, and helps them own them as a part of their self-identity, as they grow toward autonomy.
- ▶ Methods for using past peak experiences and fond memories to fuel motivation and encouragement for present challenges.
- ▶ New communication methods with children and teens at different ages and stages of development for relationship building, resulting in increased cooperation and family harmony.



# Positive Cooperation and Motivation From Inside the Child

*"Thank you for your outstanding presentations. You have such a great energy that you were a candle lighting our country with brilliant ideas and actions. Thank you for your dedication."*

**Boo Gon Kim**  
Director  
Seonam Foundation  
Seoul, South Korea

*"After our parents heard Gloria, we had a deluge of requests to bring her back."*

**Cari Olmstead**  
Director  
Federal Region X  
Head Start Programs

Is your child uncooperative? Does your teen talk back to you? Some of this type of behavior is normal during the process of growing up, but an on-going pattern of misbehavior and disrespect from children can make parenting a nightmare.

According to the most recent brain research, the best way to get kids to behave is through positive cooperation techniques and intrinsic motivation methods. In this way, children and teens begin to internalize the correct way to behave and do it because they want to do it, not because you told them to do it. As parents we must learn to impose control less and to invite the child's positive behavior more. We must do away with too many extrinsic rewards, like candy or more time with electronics, because these types of rewards actually have a detrimental effect on behavior and motivation in the long run. Cooperation and motivation must come from inside the child.



The topics covered include:

- ▶ Specific ways to help you know what works best for the unique needs and personality of your child.
- ▶ An understanding of your own abilities to set boundaries for behavior, and to follow through with consequences.
- ▶ Why children are “punished by rewards” and what to do that works better than rewards.
- ▶ Methods for communicating positively, yet firmly, based on age and stage of development.
- ▶ Using positive, amplifying feedback to inform and motivate your children.
- ▶ How thinking more about growth and less about “discipline” helps parents become more effective disciplinarians and motivators.
- ▶ How one-on-one time with your child will make your child more cooperative and motivated to do school work.
- ▶ How to conduct weekly family meetings for positive results.
- ▶ Develop your positive cooperation and motivation plan for your family for short-term and long-term results. (This is included only in a full-day workshop.)

# You Are the C.E.O. of Your Family— Leadership Skills for Moms and Dads

*“Gloria is truly an inspirational leader. There is no one like her in this world. I respect and appreciate her heart, soul, and spirit.”*

**Diane Barnes**  
Teacher  
Cottonwood, CA



As C.E.O. (Creative Energy Orchestrator) of your family, you are like a conductor of a large orchestra, making sure all the parts fit together well for continued harmony. And as the lead, your example profoundly influences your children. (No pressure, right?)

In this workshop we examine the qualities of transformative leadership that have been identified in the business world to give companies the edge on their competition. For the past two decades, smart corporations have been intentionally incorporating important research into their business practices for successful results. It's time for parents to know this research and understand how to use it for successful parenting practices.

The topics covered include:

- ▶ Definition and examples of transformative leadership.
- ▶ Qualities and skills of effective leaders including perseverance, courage, intuition, and deep listening skills and how they apply to parenting.
- ▶ An exploration of family and society mental models and how they impact children's self-identity and behavior, including important distinctions and levels of influence.
- ▶ Ways to establish and use your mental model as C.E.O. of your family.
- ▶ Three approaches to parenting and why you want to use only one of them.
- ▶ The Vital Five™ and their important role in helping to keep you in the place of “gentle authority.”
- ▶ Methods for increasing and enhancing children's and teens' leadership skills.
- ▶ How one-on-one time with your child establishes your gentle authority and will make your child more cooperative and motivated to do school work.
- ▶ How to conduct weekly family meetings for positive results.
- ▶ Develop your Family Leadership Plan for short-term and long-term results. (This is included only in a full-day workshop.)

*“Your presentation was superb! Parents were focused on your every word.”*

**Tim Tuel**  
Principal  
Woodbury, MN

# Become a Mindful Media Family

*“Gloria has enabled both parents and staff to be aware of the impact media has on children and has related this impact directly to brain research and the developmental growth of students. She...is extremely knowledgeable regarding the impact of media on learning. In addition, she is practical, realistic, fun to listen to, and has wonderful suggestions for making children’s schooling a success.”*

**Patricia Johnson**  
Principal  
Chase Lake Elementary  
Edmonds, WA

*“Gloria DeGaetano makes parenting in a media age easier and more rewarding.”*

**Robert Hill, M.D.**  
Co-Author  
*Getting Rid of Ritalin*

“What app is best for my school-age child to help him stay organized?” “How do I keep up with all the new video games available?” “If the school demands my five-year-old use an I-pad, how do I control screen use at home?” “Help, my children used to be so creative, now all they do is play with their electronics—I can’t get them away from screens.”

These are common dilemmas that I help parents pro-actively address through family media and digital literacy. Learning to assess appropriate screen content for each age and stage of children’s and teen’s development helps you make wiser choices about your children’s use of screen technologies. And, helping children and teens develop critical and creative thinking skills makes parenting in our media/digital world all that much more easeful.



The topics covered include:

- ▶ An insightful look at how parenting has changed in our media/digital change, along with an examination of what has not changed.
- ▶ The impact of overuse of screen technology on children’s and teens’ cognitive, emotional, and social development.
- ▶ The importance of a clear Parenting Identity and how to convey that to your children.
- ▶ An exploration of family and society mental models and how they impact children’s self-identity and behavior, including important distinctions and levels of influence.
- ▶ Understanding the research on mindfulness and its implications for parenting well in our media/digital world.
- ▶ Definition and examples of family media and digital literacy.
- ▶ Guidelines for choosing screen content such as TV programs, movies, apps, computer and video games for each stage of child and teen development.
- ▶ 100 Family Media/Digital Literacy Ideas to use in your daily family routine.

# The Three Types of Play in a Digital Age: What Kind and How Much?

*"Gloria's message became a mission for everyone who heard it. It is not often that a speaker makes such an impact on a city."*

**Lynn Deal**  
The Games Store  
Nashville, TN

In 1975, the famous US psychologist Jerome Bruner stated, "Play is the serious business of early childhood." By that he meant that young children learn their foundation skills for the rest of their lives when they play. It's that simple. But in our digital age, it has gotten a little complicated. In today's high-tech world, parents are now asking such questions as: How much screen technology should I allow my two-year-old? Should five-year-olds have their own I-Pads? Should I potty train with an I-Pad? Does it harm my nine-month-old to play with my I-Phone when I am too busy to entertain him?



These, and other questions like them, are addressed in this workshop in relation to what is best for early brain development. I-Pads and apps can certainly support youngsters' learning in the proper amount for their age, with the proper guidance, and with the proper content. In this workshop parents of young children learn about three different types of play:

- 1) **Physical** play involving movement and sensory experiences.
- 2) **Imaginative** play involving generative creativity, visioning, and self-understanding.
- 3) **Screen** play—the play youngsters do on hand-held electronics and computers.

The topics covered include:

- ▶ Recent research for better understanding how best to use screen technologies, including TV, DVDs, the Internet, cell phones, and video games with young children.
- ▶ Brain-Compatible guidelines by the experts that parents are often not aware of.
- ▶ Defining "relevant information," "working knowledge," and "parental wisdom" when it comes to screen technologies in the lives of young children.
- ▶ How your children think like poets, play like artists, and behave like explorers for optimal brain development.
- ▶ Practical suggestions for toddlers through age two; ages three-five, and ages six through eight are given in terms of how much of each type of play is beneficial at each particular age/stage for children's optimal brain development.
- ▶ How to set up your home for the necessary space and silence young children need for developing their imagination, creativity, and self-identity.

*"Activities necessary for basic childhood development are increasingly being lost on multitudes of media-saturated children. Thank God Gloria is available to change that."*

**Ann Simonton**  
Director  
Media Watch  
San Francisco, CA

# Healing and Preventing Screen Addiction

*"Please listen to Gloria DeGaetano. She wisely and proactively tells parents what to do about media and digital dilemmas."*

**Dr. Jane Healy**  
Best Selling Author  
*You Child's Growing Mind*

*"Gloria DeGaetano gives us the reasons and the tools to alter the powerful influences of screens in children's lives."*

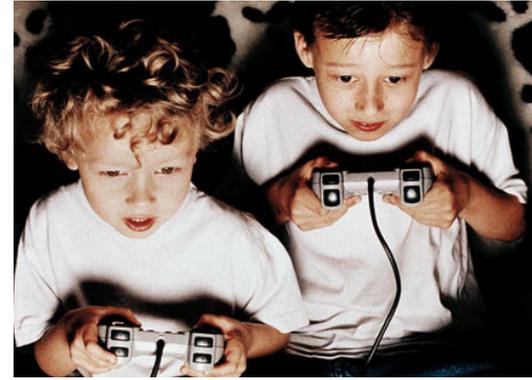
**Jim Trelease**  
Author  
*The Read-Aloud Book*

Are you a parent who is worried about your child's obsession with the Internet, video games, or cell phones? Is your child not getting enough sleep because he stays up late playing video games? Are you concerned that your child's academic success is at risk? Does your child throw an angry tantrum whenever you take away his electronics?

Then this workshop is for you. In this workshop you will learn about the science of brain development and why young brains are vulnerable to screen addiction. You will learn how to prevent screen addiction. And if your child is already showing signs of screen addiction, you will be more able to assess if a strong intervention is now the best solution.

The topics covered include:

- ▶ Understanding stimulus addiction and how it is similar to and different from screen addiction.
- ▶ How too much Internet, TV and video games affect the developing brain from the early years throughout the teen years, creating the conditions for screen addiction.
- ▶ An understanding of how brain chemistry changes with stimulus addiction and how that impacts children's and teen's behaviors and ability to cooperate.
- ▶ How to impact a child's brain chemistry so his behavior goes from chaotic to calm.
- ▶ The role media violence plays in screen addiction and what to do about it.
- ▶ Three important ways to protect kids from screen addiction based on the latest brain research.
- ▶ The importance of resiliency skills and how to teach them to your child or teen.
- ▶ The importance of process learning skills and how to teach them to your child or teen.
- ▶ Four phases for finding positive solutions and how to apply these phases to your parenting challenges; how to help your child apply them to his frustrations and concerns.
- ▶ Develop a prevention plan or intervention plan so you walk away with a clear focus on your next steps. (This is included only in a full-day workshop.)



# Empower Your Parenting with the PCI Parenting Styles™ Framework

*As a keynote speaker and workshop leader, Ms. DeGaetano has been an invariable favorite of those attending our conferences. Her ratings at these events are consistently in the highest of all those advocates that are featured. Perhaps the reason for this is her deliberate ability to engage, inform, and empower people to create a positive change in our world."*

**Wendy Holte Johnson**  
Bainbridge Island, WA

*"Gloria DeGaetano is a national treasure."*

**Sue Ellen Fried**  
Author  
*Bullies and Victims*  
Kansas City, MO

Have you ever wondered why you and your spouse don't see eye-to-eye about your parenting? Do you find yourself at odds too often with your son or daughter and can't figure out why? Are you ashamed to admit that your baby isn't easy for you or that parenting your teen is driving you nuts?

When you understand how your personality style affects your parenting style, answers to questions become clearer. You understand yourself better and can parent with more ease and joy. This workshop gives you the opportunity to take the PCI Parenting Styles Test™ to discover your predominate parenting style. You may be surprised to see that your spouse has an opposite style from you. (Or maybe you aren't too surprised because opposite styles tend to marry!)

The topics covered in this workshop include:

- ▶ The parenting approach you learned from your parents—its pros and cons.
- ▶ Take the PCI Parenting Styles Test™ and learn about how you parent best.
- ▶ Your unique strengths based on your parenting style.
- ▶ Your challenges that come with your parenting style—everyone has them!
- ▶ How your strengths and challenges interface with your child's personality style.
- ▶ Ways to use your understanding of your parenting style to communicate more effectively with your child or teen, resulting in more cooperative behavior and better family harmony.
- ▶ How you and your spouse can use your differing parenting styles in a complementary way to make your parenting more effective together.





# GLORIA DeGAETANO

Speaker | Author | CEO, Parent Coach International

**Gloria DeGaetano, M.Ed.**, CEO of **Parent Coach International**, is a veteran educator, author, and speaker, who originated parent coaching as a profession in 2000 when she founded the **Parent Coaching Institute**. Today her Parent Coach Certification® Training is available worldwide.

Gloria began her career as a classroom teacher, working with inner-city youth in Seattle. She then worked as an elementary reading specialist, and a year later joined the administrative team to direct the district's Reading and Language Arts Programs, K-8. For a decade she served in that capacity, developing new programs and approaches resulting in higher test scores for students, greater parent involvement, and overall more effective staff training and curriculum selection processes.

In the 90s, Gloria began her work as an independent consultant to schools and organizations. With her groundbreaking book, *Screen Smarts: A Family Guide to Media Literacy*, she introduced the term "family media literacy" to public awareness.

Gloria has written several other books including the best-selling *Stop Teaching Our Kids to Kill: A Call to Action Against TV, Movie, and Video Game Violence* (with Lt. Col. Dave Grossman) (Harmony Books, revised 2014), *Left to Their Devices, What's Left?* (West Bow Press, 2012), and *Parenting Well in a Media Age* (Personhood Press, 2004), recipient of the 2007 i-Parenting Media Award.

Her articles have appeared in numerous publications, including *Baby China Magazine*, *Parenting Insights*, *Seattle's Child*, *Portland Parent*, *American Baby Magazine*, *The Boston Globe*, *Committee for Children Newsletter*, and the *American Academy of Pediatrics Newsletter*. Her books and articles have been translated into 10 languages including Spanish, Korean, Chinese, Danish, German and Turkish.

Gloria has been a guest on *The Today Show* and national radio shows, including NPR's *Fresh Air*, *Marketplace*, and *The Tavis Smiley Show*. She has also been featured in television documentaries produced by ABC and the Canadian Broadcast Corporation, and Lifetime's *Balancing Act for Women*. Her work has been featured on news programs by NBC-affiliates throughout the country and in newspapers and magazines including *Newsweek*, *Parents Magazine*, *The Chicago Tribune*, *The New York Times*, *The Wall Street Journal*, *La Tribune*, *The London Times*, *Better Homes and Gardens*, *Redbook*, *Ladies Home Journal*, *American Way*, *The Chicago Daily Herald*, *Redbook*, and *Southwest Airlines Magazine*.

Gloria is the mother of two grown sons and makes her home near Seattle.

Contact Information:

[www.GloriaDeGaetano.com](http://www.GloriaDeGaetano.com)

[info@gloriadegaetano.com](mailto:info@gloriadegaetano.com)