

Want to be a Calm, Confident Parent?

Learn how to make life with kids easier and more satisfying.

Join a parenting workshop with Dr Jennifer Mahon

This relaxed workshop is about learning new, more effective communication skills. You'll understand what is happening in your relationships with kids **of all ages** and you'll learn ways to talk and listen that will make life at home richer, more relaxed, and more fun.

You'll know how to:

- Deal with upset kids and help everyone calm down.
- Resolve conflicts more effectively.
- Help kids see their strengths and help build their confidence.
- Discipline without being permissive or aggressive.
- Encourage kids to be responsible for their behaviour and see how it affects themselves and others.
- Build up relationships in the family with trust, respect and love.

The workshop is based on the book *How to Talk So Kids will Listen* by Adele Faber and Elaine Mazlish.

Details and How to Join

Location: We'll meet weekly in my home in Memorial area.

Timing: 6 morning sessions, 9:15-11:45. The next group will begin the first week of February and will finish before Easter break. Contact me to sign up for this group or future groups. E-mail at jenn_mahon@hotmail.com or SMS on 832-998-4128.

Fees: \$280. Copies of *How to Talk So Kids will Listen* are available through the course, or can be found in most bookstores or ordered on Amazon.

About me

I am a British-trained ex-pat psychologist specialising in communication skills and conflict resolution. I am also the mother of 4 kids: my daughter is now a teenager, my eldest son is 12 and my twins are 10. I started teaching parenting skills 6 years ago when I realised how helpful it was to improve my own!

In my 14 years moving around the world (India, Egypt, USA, England, Romania), I have seen how important it is for children and families to adapt to changes quickly, improve their communication, and to deepen their relationships. Leaving home and all of its supports can make everything more intense. I have developed a practical approach to psychotherapy that focuses on what people need to learn now to feel better.

My work: I work in several ways. I lead groups of parents from all cultures through relaxed workshops that teach the skills they need to create the cooperative and warm home life they dream of. So far I've had over 150 participants from 35 different countries complete the course.

I also hold professional development seminars for groups of teachers to learn the skills they need to create a stimulating, well disciplined, yet relaxed classroom environment.

In addition I work privately with families, couples, teens and children to overcome a wide range of emotional, behavioural, and adjustment problems, such as anxiety, stress, depression, and relationship breakdown.

What these sessions will cover

Connecting with Kids

Week 1: Helping Children Deal with Feelings Learn specific skills to help children cope with negative feelings - anger, frustration, disappointment. Practice hearing and understanding children's feelings while teaching appropriate behaviour, and staying on the same side.

Week 2: Engaging Cooperation Understand how the typical methods we use to get children to cooperate feel to them and learn why they often backfire. Learn concrete ways to invite cooperation without losing your temper.

Week 3: Discipline, Punishment & Problem Solving Why is it that punishment usually doesn't work (for long)? How can we teach kids to be responsible for their behaviour in a way that lasts? Experience some alternatives to punishment. Plus a step-by-step strategy that parents can use with their kids to solve problems that come up again and again.

Week 4: Encouraging Autonomy Explore how to help children become responsible, capable people. Specific skills that help us let go and help children become more self-reliant.

Week 5: Praise and Self-esteem Some kinds of praise are actually harmful. Instead, learn how to encourage kids and create a supportive home. Practice skills that show children their strengths so they can build on them.

Week 6: Freeing Children from Playing Roles How do children fall into roles (brain, bully, whiner, princess, slow-poke, 'trouble', etc.)? What happens to them when they do? How can we release them from these roles and become more complete, capable people?