

# Support, Education and Engagement Drop-In Sessions

## Winter 2021



Boys & Girls Clubs



Big Brothers Big Sisters



Alberta Health Services

Children, Youth & Families Addiction & Mental Health

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area

Are you hoping to increase your parenting skills and learn with a group of people who are facing the same challenges you are? Welcome to the Support, Education, and Engagement Drop-In Sessions, or S.E.E.D.S for Parents and Caregivers. This series, formerly called the Triple S Sessions, are interactive and educational workshops designed to help parents master foundational strategies for elementary aged children. Join us in cultivating the SEEDS of healthy relationships, strong child development, effective conflict resolution, and resilient families.

### Creating Positive Experiences Through Play

Are you struggling to understand your child's efforts to communicate? Do you find that your disciplinary efforts are falling flat? Can it feel hard to connect with your child? Join us in a session on play to develop positive and understanding relationships with our children. As one of the most foundational parenting strategies, you will often find that other strategies will not work until you have mastered the art of play.

**When: February 8, 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Managing Meltdown and Tantrums

Are you wondering how you could possibly handle another tantrum in the grocery store or how you could manage being shut out by your child for a few hours? This session is designed to teach parents the brain science behind meltdowns and shut downs and how we can use strategies to assist in regulating the brain. Join us in conversations about co-regulation, triggers, and calm down strategies so you feel more confident in your ability to respond to your child's BIG moods.

**When: March 8 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Supporting Emotional Control in Children

Do your children struggle to keep their emotions at a manageable level? Do you find yourself exhausted or frustrated by this? This session is designed to help parents learn strategies for coaching their children in developing social and emotional skills. Once in place, these skills can lead to better friendships, increased school success, and higher levels of self-esteem.

**When: February 18, 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Resiliency in the Face of Problems

Do you find that your child struggles to find solutions when a conflict arises? Are you hoping to support some more independence in their problem solving abilities? Allow us to show you some simple steps for breaking down problems and finding solutions with your children. Learn from your peers in regards to what has worked for them and discuss how you can best collaborate with your family.

**When: March 18 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Using Praise and Rewards to Promote Self-Confidence

Have you been noticing your child struggling with self-esteem? Do you feel like your efforts to connect with them are going nowhere? This sessions is structured so that parents can learn concrete strategies has been linked to increased motivation, relationship satisfaction, and self-confidence

**When: February 22, 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Helping Children Learn from Past Mistakes and Actions

Have you noticed your child repeating the same behaviour again and again, even when they have been told numerous times to stop? Although it is easy to forget this, the real meaning behind the word discipline is "to teach". Join us for a session in which we will discuss constructive consequences and how to ensure we are effectively teaching our children so that they can learn from previous mistakes.

**When: March 23, 6:00pm - 7:30pm**

**Where: Zoom (Online)**

### Assisting Children through Transitions using Structure and Routine

Do you find your child struggles anytime they have to change an activity? Does your home life feel like chaos on a regular basis? Structure and routine is one of the most effective means of promoting healthy development in our children. Come learn how to use strategies in your home on how to assist your child with changes and transitions through helpful structures.

**When: March 3, 6:00pm - 7:30pm**

**Where: Zoom (Online)**

## REGISTER NOW!

For more information or to REGISTER contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton Staff Fareeda Shoblaq at: 780.471.4079 Or go to:

<https://bgcbigs.ca/caregiver-sessions/>