

Parent TALK

2020 – 2021



thread's Parent TALK workshop is a free group where parents learn, share ideas and ask questions about the joys and challenges of parenting. Parent TALK meets virtually through Zoom each month. Participants will need to have an email address, Internet, and access to a computer or a smart device.

Complete the [online registration form](https://threadalaska.org/parent-talk) at threadalaska.org/parent-talk to reserve your spot at the next session.

October 8, 2020	Strengthening Ourselves — Parental Self-Care & Resilience for Challenging Moments: Learn new ways that you can practice self-care and nourishment in the sometimes challenging world of parenthood, and how to model these practices for your children.
November 12, 2020	Teen TALK!: Just when you think you've got this parenting thing down, the preteen and teenage years begin. These years can be full of fun and joy—with the right tools. Discover new strategies and techniques in parenting preteens and teenagers during this sometimes challenging transition.
December 10, 2020	Helping Children Cope: Children sometimes have a hard time coping with “big energy” and feelings. Learn developmental considerations, techniques and strategies to use when assisting young children in managing energy, emotions and the affects it has on their bodies.
January 14, 2021	Gender Identity & Expression: When a child chooses activities, behaviors or clothing that our culture deems as male or female, it's called gender expression. Learn about healthy gender development in young children and how families can help create a safe and reflective space for children to develop their identities while counterbalancing stereotypes.
February 11, 2021	Positive Responses to Challenging Behaviors: Children's challenging behaviors can leave parents and caregivers feeling frustrated, exhausted and helpless. Sometimes adults respond to children's challenging behaviors with their own strong emotions. Explore positive ways parents and caregivers can respond to the behaviors that children often exhibit.
March 11, 2021	Cyberbullying — Prevention & Responses: Being involved in your child's cyber-world can help you protect them from its dangers. Learn the responses and prevention of cyberbullying behaviors and how you can help children foster and display safe online interactions.
April 8, 2021	Playing Outside is Learning: Get the dirt on playing and learning outside! Join us as we design learning opportunities for young children's fine and gross motor skills in the outdoors through exploration; the basis of inquiry. Help kids gain physical confidence and capacity in the outdoor classroom!
May 14, 2021	To be announced
June 11, 2021	To be announced