



Parenting Through the Pandemic and Beyond: Webinar Series

Presenter: Erin Walsh, Spark & Stitch Institute

Parents are juggling a lot right now as they navigate the slow and uneven path out of the pandemic. While each family faced a unique set of challenges this year, all parents need additional support right now as they work to stay connected to their kids during transitions in school, socializing, and work. In these interactive online sessions, Erin will translate the research into practical strategies and deliver affirmation and tools when parents need them most.

Webinar series options:

Helping Kids and Teens Handle Stress and Worry

It is no surprise to anyone living through the COVID-19 pandemic that kids and adults alike have experienced a great deal of stress. Whether uncertainty, upset routines, economic insecurity or lack of social support, the list of stressors has been long and varied. As kids start returning to activities, it is essential to help kids distinguish between the kind of worry that keeps us safe and the kind of worry that keeps us from living. Learn more about what stress and worry look like in kids and teens and ways to respond that build your family's resilience and wellbeing instead of eroding it.

The Science of Motivation – Getting Going Again

You don't have to go far on the Internet these days to find tips for how to "stay productive" and ideas for how to motivate kids despite changing routines and stress. The reality on the ground though is that productivity and high motivation can be difficult to find during times of uncertainty. Understanding the science of motivation can help us keep our eyes on how to nurture it in our kids – not just for the sake of getting more done but for everyone's mental health and wellbeing.

The Path Forward: Three Truths COVID-19 Revealed About Screens and Teens

Our reliance on screens has increased as school, socializing, and work moved online this year. As we increasingly find opportunities to log off, what did we learn from a year online? Get key insights from the research that will help you identify what digital habits are worth holding on to long after the pandemic is over and which we want to let go of. This strengths-based workshop will help parents move beyond a discussion of whether screen time is "good" or "bad" and towards practical strategies for digital wellbeing. ***Best for parents of kids ages 7-18*

Is There An App For That? Helping Young Children Thrive in the Digital Age

Parents of young children are getting conflicting advice about the impact of media on developing minds. On one hand companies promise that media can boost their children's intelligence while on the other America's pediatricians urge parents to limit screen time in the early years. In this



workshop, Erin Walsh explores the latest research on the power and impact of screen time and helps parents and caregivers identify ways to use technology and media to support children's learning and development. ***Best for parents of kids ages 0-6*

Setting Limits and Avoiding Power Struggles

Setting limits is always a challenging part of parenting. During times of stress, it can be especially hard to know when to be flexible and when to hold the line. Learn more about why kids and teens need boundaries and how to be both flexible and firm when your kids need it most. Parents will learn how to clarify their limits and follow through with consistency and care.

Three Common Beliefs About Teenagers That Can Derail Your Relationship (And What To Do Instead)

Teenagers have experienced a uniquely difficult time in the last year. COVID-19 is a developmental mismatch for what teenagers crave: Peers, independence, and purpose. This strain on parent-teen relationships makes it easy to fall into negative ruts and power struggles. Using brain science and stories, parents will learn three common beliefs about teenagers that get in the way of connection and the three beliefs that can help get your relationship back on track.

Delivery options:

These sessions can be scheduled live on a Spark & Stitch hosted Zoom webinar (or client-hosted platform of choice) or delivered asynchronously. If asynchronous, we will deliver a password-protected link with access to the recorded Zoom session/s for thirty days.