



# WHY DO THEY ACT THAT WAY?

Proven Strategies to Understand and Stay Connected to Your Teen

## BUILD STRONG RELATIONSHIPS BETWEEN TEENS AND THEIR PARENTING ADULTS



Even before the pandemic, parents of teenagers report being more stressed than any other time in parenthood. Now, more than ever, parents need extra support to reduce stress, practice skills, and boost resilience.

This six-week online class from Spark & Stitch Institute delivers the latest insight about the adolescent brain along with practical parenting strategies that reduce power struggles and build connection.

**Flexibility that caregivers need and deserve.**

For parents, flexibility is everything. Parents and caregivers are juggling competing demands on their time and attention and need solutions that fit into their busy lives. This course consists of short videos and practical downloads that parents can access online or via app.

**Clear, transformational strategies that can adapt to fit different families.**

Parents and teens are unique. With access to 33 short videos, interactive guides and exercises, and an online community forum, parents are able to find and practice approaches that work for them.

**An investment in parents that supports adolescent development and builds a healthy school culture.**

Give caregivers the ability to engage in the same content, strengthen their parenting toolkit and deepen their connection with your organization. Webinar launches, meet-ups or online discussions are great ways to complement the online course.



### Why support parents of teenagers?

Parenting teens has never been easy. It is a uniquely turbulent, challenging, and stressful time in the very best of circumstances. While there is a lot of (much needed) support for parents of very young children, parents of teenagers report feeling more stressed and isolated than during other stages.

Parenting teens during COVID-19 is even harder. Adolescents are uniquely impacted by the stressors of COVID-19 and the data points to rising levels of anxiety for this age group. Parents and teens alike are facing unprecedented levels of overwhelm, uncertainty and isolation. Now, more than ever, caregivers deserve evidence-based support, affirmation and concrete strategies that reduce isolation, reduce stress, and normalize their experiences. Parents are looking for providers to recognize that they need additional support that fits into their "new normal." The online class Why Do They Act That Way is designed to support parents of teens and deliver strategies that help them navigate these challenges in ways that reduce conflict, build connection, and foster resilience.

Dr. Dave Walsh and Erin Walsh have designed workshops and delivered keynotes about the teenage brain to thousands of parents around the world for over twenty years. They co-authored the national best selling book "Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen," on which this course is based. They've listened to parents and teenagers about common challenges and triumphs and channeled everything they have learned into this course.

### How does the class work?

This online class is designed to be a self study, meaning that parents can engage in the videos and downloads on their own schedules. There are six modules or "Sparks" that deliver science and strategy around key parenting challenges. Once a participant accesses the course, they receive one Spark a week for six weeks. Access to the six-week class is provided for twelve weeks.

"This is the teen class that I wished for, full of simply presented insight into the teen brain geared towards a better (and happier!) way to parent through connection. Dr. Walsh and Erin present real (not idealized) techniques. They recognize that there will be bumps and bruises along the way and offer guidelines to help identify when typical behaviors & emotions cross over into concerning ones. It is clear that they have a real passion for helping parents and a deep affection for teens."

Naomi, Parent

"This is a fantastic, comprehensive and accessible overview of adolescent brain development and behavior. It also offered loads of reflection exercises (so much of parenting is an inside job, reflecting on our own family of origin and baggage) and actionable tools. So great."

Sarah, Parent



### Course Content

- 6 Learning modules or "Sparks." Participants receive one Spark a week for six weeks.
- 32 Asynchronous video lessons, each 4-8 minutes long.
- 15 Supporting downloads with exercises, prompts, and practical parenting strategies.
- 12 weeks of access after initiating course.
- BONUS: Invitation to Spark & Stitch Institute private Facebook group for all online class participants for community and Q&A.

### Modules or "Sparks"

#### Welcome

#### **Spark 1 - Why do they act that way? Touring the construction zones in the teenage brain.**

- The emotional gas pedal is pressed to the floor
- Risk taking, dopamine and the teenage brain

#### **Spark 2 - Loosen but don't let go - Staying connected to your teen**

- Why Your Teen Still Needs You (Even If They Won't Admit It)
- Tips and Tricks for Getting Creative With Connection

#### **Spark 3 - Setting limits and avoiding power struggles**

- It's Your Teen's Job to Push Against the Limits; It's Your Job To Set Them
- Communication and the Teenage Brain

#### **Spark 4 - Managing emotions, stress, and mental health**

- It's Not Your Job To Rescue Your Teen From Their Feelings
- Stress and Your Teen's Brain

#### **Spark 5 - Independence vs. guidance - What's the right balance**

- How to Help Your Teenager Set Goals and Reach Them
- The Turn Towards Friends: Identity, Drama, and Support

#### **Spark 6 - Raising a teen requires community**

- Helping Your Teen Find Their Purpose
- You Can't Do This Alone

#### Wrap-Up

VISIT [sparkandstitchinstitute.com/group-license-parenting-classes](https://sparkandstitchinstitute.com/group-license-parenting-classes) for more information.

OR

EMAIL [onlineclasses@sparkandstitchinstitute.com](mailto:onlineclasses@sparkandstitchinstitute.com) for more details and pricing, including group discounts for schools.