

# 2019 Webinar Program for Parents

At Parenting Ideas, we are hosting a comprehensive program of webinars for parents in 2019. As your school has a Parenting Ideas membership, you can attend all of these webinars at no cost. If you're unable to make the scheduled time you can simply register and access the recording later.



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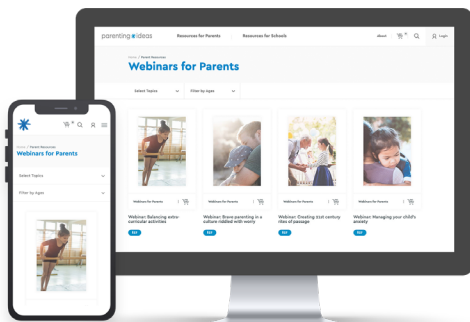


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\$37 per webinar**



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Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Remember to enter your school's name so that we can verify your eligibility. The \$37 discount will then be applied. Webinars need to be redeemed individually, but you can register for as many as you like!



**06**  
MAR 8 - 9PM  
AEDT

## Switching on your child's strengths



Professor Lea Waters

The extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses is explained in this webinar. As a strength-based scientist for more than 20 years, Professor Waters has seen how this approach enhances self-esteem and energy in children and teenagers, and how parents find it exciting and rewarding. With many specific techniques for parents, she will demonstrate how to discover your children's strengths and talents, use positive emotions as a resource, build strong brains, deal with problem behaviour and talk about difficult situations and emotions.

VOUCHER CODE **STRENGTHS**

EXPIRY DATE **6 APRIL 2019**



**02**  
APR 8 - 9PM  
AEDT

## Balancing extra-curricular activities



Dr. Jodi Richardson

Extra-curricular activities bring a host of benefits for children but there's a threshold past which the benefits are outweighed by the impacts of being over-scheduled. Join Dr Jodi Richardson in this engaging webinar to understand the trend towards increasing enrolments in structured after-school activities, the benefits and the drawbacks for kids, the importance of free play for children, the implications of overscheduling on children's mental health and how to create balance in the lives of your children.

VOUCHER CODE **BALANCING**

EXPIRY DATE **2 MAY 2019**



**29**  
MAY 8 - 9PM  
AEST

## Teach girls to build each other up



Sharon Witt

Friendships can be problematic for many girls. They can be mean and put each other down and, conversely, they can be strong allies and wonderful sources of support. This webinar will show parents how to help girls create positive peer relationships and provide practical advice and ideas to navigate tricky situations including toxic friendships, cliques and bullying.

VOUCHER CODE **FRIENDSHIPS**

EXPIRY DATE **29 JUNE 2019**



**25**  
JUN 8 - 9PM  
AEST

## Managing your child's anxiety



Michael Grose

Research shows that when anxiety goes unmanaged in childhood it will reoccur in adulthood. Fortunately, there's a lot parents can do to assist kids when they become anxious. This webinar will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

VOUCHER CODE **ANXIETY**

EXPIRY DATE **25 JULY 2019**



**28**  
AUG 8 - 9PM  
AEST

## Creating 21st century rites of passage



Dr Arne Rubenstein

Join Dr Arne Rubinstein as he discusses the importance of rites of passage in the 21st century. In this webinar you'll develop clear guidelines and learn impactful strategies to support you to build strong healthy relationships with your children, bolster their independence and support them in their use of technology in these rapidly changing times.

VOUCHER CODE **rites**

EXPIRY DATE **28 SEPTEMBER 2019**



**18**  
SEP 8 - 9PM  
AEST

## Step back so kids step up



Dr. Deborah Gilboa

Children and teenagers are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole. In this webinar, Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible.

VOUCHER CODE **STEP**

EXPIRY DATE **18 OCTOBER 2019**



**30**  
OCT 8 - 9PM  
AEDT

## Strengthening kids' self-esteem in a digital world



Martine Oglethorpe

As young people spend increasing amounts of time online, their social lives, and in turn, their social and emotional wellbeing, they become increasingly entrenched in the digital world. As they journey through adolescence in this permanently public landscape, dealing with the effects on self-esteem, friendship issues, self-worth and wellbeing can be challenging. This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

VOUCHER CODE **DIGITAL**

EXPIRY DATE **30 NOVEMBER 2019**



**27**  
NOV 8 - 9PM  
AEDT

## Brave parenting in a culture riddled with worry



Lenore Skenazy

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don't let their kids do half the stuff they did (and loved doing!) growing up. Lenore will talk about ways to make it easy and normal to start loosening the reins so both generations – kids and parents – get more freedom.

VOUCHER CODE **BRAVE**

EXPIRY DATE **27 DECEMBER 2019**