



seedlingsgroup seminar topics

seedlingsgroup: positive discipline (2 years +)

at one point or another, every parent goes to battle with a misbehaving child. it's little consolation that misbehavior is a normal part of development or that parents' job is to help their kids learn how to regulate their emotions and behavior.

the truth is, a lot of the conventional wisdom about how to discipline kids, like using time-outs, punishments, and consequences fall short when it comes to actually changing behavior. fortunately, though, over thirty years of research has highlighted ways that parents can respond to misbehavior that work. the trick is to focus on what you want a child to do, rather than to waste energy and angst on what you want a child to stop doing.

the idea is simple, but the steps involved are more complex.

note: these talks can be presented in a three-part series or, as individual lectures.

seedlingsgroup: teacher/parent groups

ongoing, bimonthly meetings with parents and/or teachers allow for discussion of relevant child development topics and positive discipline challenges/solutions.

note: question and answer / group format.

seedlingsgroup: language development, literacy and communication

literacy and language development is supported through engaging in conversation, singing songs and rhymes, playing with words and letters, expanding, questioning, narrating, and reading. the precursors of learning to read, like fine discrimination of sounds, visual symbols and nuances of meaning develop in very early childhood. facilitation of experiences with people, objects, books, songs and words enhance children's literacy skills.

the ability to communicate well, however, involves much more than understanding language, speaking, reading and writing. it is the skill of figuring out what you want to say and realizing how what you say will be perceived by others.

seedlingsgroup: focus and self-control

children need focus and self control in order to achieve their goals, particularly considering how many distractions they face in a world of information overload. focus and self-control involve many executive functions of the brain, like paying attention, remembering the rules, thinking flexibly and inhibiting one's initial response to achieve a larger goal (inhibiting impulses). these incredibly important skills can be nurtured and enhanced in young children.

seedlingsgroup: early math skills

math development includes identifying shapes, colors and numbers and learning to count. math work entails such skills as one-to-one correspondence and number and quantity associations, sorting objects by size and color and learning about patterns. young children use math in their daily lives, and yet, few parents nurture early math skills through play and everyday experiences.

seedlingsgroup: critical thinking and the ability to make connections

critical thinking is the ongoing search for valid and reliable knowledge to guide our beliefs, decisions, and actions. critical thinking develops on a set course throughout childhood and into adulthood, but its use must be nurtured. like the scientific method, critical thinking involves developing, testing, and refining theories about "what causes what" to happen.

similarly, in order to learn children must use critical thinking skills to figure out what is the same and what is different. in a world where information is so accessible, it is the people who can see connections who are able to go beyond knowing information to seeing how one thing can represent or stand for something else (using the information well).

seedlingsgroup: persistence

it's our job to help children learn to respond to the inevitable stresses and challenges of life. but, we need to do more than just help children cope. We also need to help them learn to take on challenges. children who are willing to take on challenges (instead of avoiding them or simply coping with them) do better in school and in life.

seedlingsgroup: introducing a new sibling

there's a wealth of information available about bringing home a new baby, but what about when the new baby isn't the first? although the arrival of a new sibling brings joy and excitement, it can also jeopardize sibling's sense of security, leaving them angry and resentful of the family's newest addition. consequently, in addition to getting the home ready for a new baby, it's important that families also know how to prepare the rest of the family for a smooth transition.

seedlingsgroup: learning through play

as toddlers develop and begin to amaze adults around them with their ability to learn, it often becomes very tempting for some families to start to impose formal teaching, videos, flashcards and memorization rather than trust that their child learns best through play. but much research has shown that children learn best through play, highlighting concrete ways parents and teachers can nurture literacy, mathematics, science, self-regulation, critical thinking, problem solving and perseverance through play.

seedlingsgroup: emotion regulation

emotion regulation, or the way children respond emotionally to situations is in part dictated by temperament but can also be significantly influenced by parents and teachers as well. helping children cope with anger and frustration equips them with concrete ways to nurture emotion regulation, through problem solving, the ability to recognize different feelings and use effective stress management methods.

seedlingsgroup: building confidence

self-confidence is an essential ingredient for all aspects of a child's healthy development and a key ingredient for school success. fortunately, children's self-confidence can be nurtured through everyday interactions (e.g., responsibilities, problem solving, games and play).

seedlingsgroup: nurturing empathy

empathy is the ability to imagine how someone else is feeling in a particular situation and respond with care. research has shown various tools children need in order to develop empathy (e.g., social referencing and the ability to respond with appropriate actions to different situations).

seedlingsgroup: nursery-school-age topics

seedlingsgroup offers workshop devoted to helping families/teachers of nursery schoolers. we provide families/teachers with specific strategies to support children's cognitive, language, social/emotional, and physical development and also cue them

in on the normal developmental changes they can expect. we discuss positive discipline strategies, “good-fit parenting”, planning for and introducing new siblings, the importance of play, temper tantrums, emotion regulation, critical thinking, attention and persistence and a range of other relevant topics.

note: these talks can be presented in an ongoing workshop format or, as individual lectures.