

Shawmind Online Training

A Survival Guide for Parents



A Survival Guide for **Parents of 0-12 Year Olds**

This course takes place over six weeks, 1-hour per week, and will cover the following aspects:

Core Themes:

- How to be a more effective parent at this difficult time
- How to enhance emotional resilience in your children
- Why understanding feelings holds the key
- Dealing with anxiety, fear and anger
- Why active listening is so important
- How to ask, not tell
- How to help your children cope with the new-look education during Covid19
- How your communication style impacts your child's mental health
- The impact of sleep, nutrition and exercise on emotions and behaviour
- Why taking care of you first, is key to your child's future mental health
- The impact of parents' mobile addiction on our children
- Why screen time is so addictive for children
- Why parental expectations can do more harm than good
- What signifies a change in emotional state in your child



Tools and exercises to help you and your child cope better, together:

- What Is Within My Control?
- PoT : the Power of Thought: teaching your child to think differently
- The Magic Bubble for self-protection
- Talk To The Monkey – taking back control
- BFT's – Better Feeling Thoughts
- Mindfulness
- 'Tapping' to cope with anxiety, fear and anger
- SOS: Stepping Over Stress
- Countdown to Action: 54321
- Where Am I Now? Wheel of Life
- Vision Boards
- You Make Me Proud



**MONKEY
WISDOM**

A Survival Guide for **Parents of Teenagers**

**This course takes place over six weeks,
1-hour per week, and will cover the following aspects:**

Core Themes

- The impact of Covid19 restrictions on your teenagers
- How to 'do' conscious parenting
- Why 75% of all adult mental health illness is already embedded by the age of eighteen years ... and what to do about it
- The art of listening
- The pros and cons of mobile phones, gaming and social media
- How to help your teen navigate their way through
- These challenging times
- The impact of your communication style on your teenager's mental health
- Why looking after YOU is so important
- Why what your children think, becomes what they Be, Do and Have in life
- Self-help tools for your teenagers (and you!)
- How to open up the conversation and talk about difficult issues

Tools and exercises to help you and your teen move forward with confidence:

- What is within your power to control?
- PoT: the Power of Thought: encouraging your teen to think differently
- You are what you think
- BFT's – Better Feeling Thoughts
- Mindfulness
- 'Tapping' to cope with anxiety, fear and anger
- SOS: Stepping Over Stress
- Countdown to Action: 54321
- Where Am I Now? Wheel of Life
- I AM – the power of affirmations
- Vision Boards
- You Make Me Proud



About the Trainer

Tana Macpherson-Smith of Clearminds Education developed and presents the Monkey Wisdom series. She has twenty-five years' experience in education as a teacher and senior leader in secondary schools, as a boarding school housemistress, prep school Governor, Marketing Director and creator of life-changing events for young people. Having lived (as a housemistress and parent) and worked with large numbers of teenagers over many years, she understands fully the wide range of mental health issues that affect teenagers and children.

The Shawmind team are available to offer support and guidance to individuals and schools on a range of mental health support provisions. Visit www.shawmind.org for more information about the courses, or follow the charity on Facebook, Twitter, Instagram or LinkedIn.



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