

# It Takes a Village

Parenting Workshops by  
Transforming ECE



**“We’re all imperfect parents, and that’s perfectly okay. Tiny humans need connection, not perfection.” –LR Knost**

The African proverb “It takes a village to raise a child” originated from the Nigerian Igbo culture. This proverb represents the importance of families seeking support from the community when raising children.

As early childhood professionals, we are an essential part of the village. When we care for young children, we are, by extension, caring for their families. It is our responsibility to build strong, trusting relationships with all the families in our programs. These connections will help us understand what support families need. We can use our knowledge of early childhood development to support families.

Parenting workshops play a valuable role in the support we provide to families. Carrie of Transforming ECE facilitates workshops that offer a supportive environment for parents to gain knowledge, skills, and strategies to enhance their parenting abilities. The interactive sessions encompass a range of approaches aimed at helping parents navigate raising children while strengthening family dynamics.

The It Takes a Village sessions are primarily held in a virtual format. The virtual sessions are 2 hours in length. There is time built into each session for participants to ask questions related to the workshop topic or any additional concerns they have. The 2 hour virtual sessions are priced at \$200.

\*Educators from the program booking the parenting workshop are welcome to attend the session. Certificates ARE NOT provided for these sessions.

\*Onsite sessions may be considered. Pricing will vary depending upon the location of the onsite session

## **Title and Description**

### **Behavior is Communication: Understanding Behaviors Young Children Exhibit**

As adults caring for young children, we often feel challenged by the behaviors our young children exhibit. When we understand how to decipher our children's message, we are less overwhelmed and more confident in our parenting practices. During this session, we will build an understanding of early brain development, antecedents (things that prompt a behavior), and scaffolding (providing support/guidance).

### **Discipline Means To Teach: The Basics of Behavior Guidance**

It is important to remember that young children do not grow from shame, and punishment is a shame. As parents, we want to focus on providing tools that help our children learn and grow without a sense of shame. During this session, we will learn the basics of behavior guidance while developing everyday strategies that support healthy child development.

### **Express Yourself: Fostering Language Development**

Did you know that young children can not learn language via a screen? The key to language development is serve-and-return interactions, which are essential for fostering language development between a child and their trusted adult caregiver. During this session, we will learn the ins and outs of serve-and-return interactions, how to share stories with young children, and how to ask open-ended questions

### **I Don't Want To! : The Power of Independence**

How often do you find yourself in the push and pull of power struggles with your young child? Our children are in a constant search for power. Did you know that for young children, independence is power? The more young children do for themselves, the less they seek power in ways that feel undesirable to the adults around them. During this session, we will discuss strategies for supporting young children as they build their independence skills.

### **It Takes a Village: How to Ask for the Support You Need**

Being a parent in the age of social media perfection is so difficult. Everywhere you look, you see smiling faces and neatly dressed children engaged in picture-perfect moments. Yet, in the real world, parents are judged for every moment their children act like children. In this session, we will move past perfection to the place where we ask and receive support without shame or judgment.

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### **Making Memories: The Present and Playful Parent**

Do you remember your last present and playful moment with your child? What did it feel like to be fully present? Although these memorable moments can feel few and far between in our busy lives, they are essential in building strong, secure attachments with our young children. During this session, we will discuss ways to be present and playful parents.

### **Math is Everywhere: Supporting Early Math at Home**

As adults, many of us strongly react when we hear the word math. It brings back negative memories of our experiences in math classes. What we don't realize is that math can be fun. Young children don't have the same views on math as we do as adults. They enjoy messing about with math. During this session, we will learn how to turn off that negative voice in our heads as we rediscover the fun of playing with math!

### **More Than ABC's and 123's: Understanding Cognitive Development**

It's time to turn our focus away from the rote (memorization) of the alphabet and numbers. Rote learning does not benefit the cognitive development of our youngest learners. Cognitive development in young children focuses on how children's minds change and grow as they become more aware of the world around them—gaining complex thinking, reasoning, and problem-solving skills. During this session, we will develop strategies to help us support cognitive development.

### **Nurturing Healthy Emotional Development: Tools for Guiding Big Feelings**

What do you do when your big feelings overwhelm you? Do you shut down? Do you yell? Do you take a deep breath, work through your feelings, and move on? As adults, we don't always know what to do with our big emotions, so why do we expect young children to know what to do with their big feelings? During this session, we will learn skills for self-regulation and develop tools to help guide the children's big feelings in our care.

### **Play is Learning: Embracing Play-based Learning**

When you think about school and learning, do you picture neat desks in a row with children filling out worksheets? For many of us, this is the picture of what it looks like to learn academic skills. But did you know that the research shows that young children learn best through play? During this session, we will dig into the research on play-based learning and develop an understanding of how children grow their academic knowledge through play.

## **Title and Description**

### **Putting the Children First: Cohesive Co-Parenting**

Co-parenting takes many forms. It can be between two parents in the same household, parents in different households, or caregivers who are taking on a parenting role. There is no one way to parent a child. However, there is a set of skills that we need to provide the care and guidance that each child needs to be successful in life. During this session, we will learn how to put the child first as we develop tools to co-parent consistently and effectively.

### **Raising Creative Thinkers: How Parents Can Encourage Problem Solving**

As parents, our default setting pushes us to automatically solve problems for our young children. We often don't even realize we are doing it. If we want to raise creative thinkers, we need to embrace the messiness that comes with guiding children as they problem-solve. During this session, we will learn to step back, listen, and provide limited assistance as we help children build their problem-solving skills.

### **Social Emotional Learning For Adults: The Self-Aware Parent**

Have you heard of the term social-emotional learning (or SEL)? Social-emotional learning is a process in which we acquire and apply knowledge and skills, develop our identities, manage our emotions, set and achieve goals, build relationships, and make decisions. One of the essential elements of SEL is self-awareness. When we are self-aware, we understand our strengths and our limitations. During this session, we will learn how to harness our parenting strengths while working on our parenting limitations.

### **The Great Outdoors: Making Time for Family Adventures**

Young children today spend more time indoors than outdoors. Their connection to technology is stronger than their connection to nature. It's time for us to regain our connection to the great outdoors! Not only does it build confidence, but it also promotes creativity and imagination. During this session, we will discover the benefits of spending time outdoors while coming up with ideas for family adventures.

## **Title and Description**

### **The Magic of Three: Creating Purposeful Routines**

Did you know that a consistent routine containing three steps can change the way you start your day? Young children thrive when consistent routines are in place throughout their day. In our early childhood programs, we rely on routines because they make children feel safe and secure. During this session, we will discuss the importance of routines and provide ideas for creating routines before and after school.

### **The Self-Regulated Parent: Understanding Co-Regulation**

Think about the last time you were upset, when lines were too long at that grocery store, or when you were served the wrong meal at a restaurant. How did you act? Were you calm? Did your anger erupt in unkind words or actions? Self-regulation is our ability to control our behaviors and appropriately manage our thoughts and emotions. Self-regulation does not come naturally. As young children, we need trusted adults to help us develop self-regulation skills through co-regulation. During this session, we will dig into our self-regulation skills while we learn how to co-regulate.

### **Time for Bed Sleepy Head: All about Bedtime**

After a long day, it is often difficult to view bedtime as a positive experience—sometimes, we want to rush through it to get some much-needed time for ourselves. Did you know we can have a positive bedtime experience and have time for ourselves? During this session, we will discuss sleep hygiene and provide tips for better sleep for our littles (and ourselves).

### **We Need to Talk: Understanding the Observation & Intervention Process**

When you send your child to an early childhood program, you trust others to care for and nurture your child. It is essential to understand that the people who care for your child are professionals in the field of early childhood education. They complete coursework in child development. This knowledge is used in every decision regarding the children in the care. It can be difficult for parents to hear that their child may need assistance from providers outside the program to be successful. This process can often feel overwhelming and confusing, which leads us to push back against the people we trust to care for our children. During this session, we will have an open and transparent conversation about the observation and intervention process.

## **Title and Description**

### **What is Early Literacy: Understanding Emergent Reading and Writing**

When will you teach my child to read? This is a question that preschool teachers often hear from parents. This usually well-meaning question is asked from a place of concern. Many parents do not understand the reading and writing process and, unfortunately, look for answers on their own. In our early childhood programs, we focus on emergent reading and writing. We want children to love learning! During this session, we will build an understanding of the emergent reading and writing process and develop ways to support it at home.