

Parenting Party

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Overview

Parenting is hard. And we are all tired. It can be hard to take time to reflect on what is working and not working within our families.... let alone make it to a class at the end of a long day! All you have to do is get some of your friends on-board and pick dates and times that work for you all. Oh, and don't forget to decide who's bringing the popcorn, cookies, and wine! Shannon will show up and do the rest!



About Shannon

Shannon Meyer, M.Ed., founded YOLO Parents to help parents be in tune with themselves and their children so that they can connect in ways that form lifelong healthy relationships. As a credentialed teacher with training in Cognitive Coaching, Common Core Education, Parenting Through Connection, and Positive Discipline, Shannon has worked as an instructional coach, consulting with parents and educators throughout the country. Shannon is passionate about supporting parents and educators in seeing the

whole child and exploring how a deeper understanding of our kids helps everyone be happier and healthier. Because, you know...YOLO!

Course Outcomes

- Reflect on personal and societal viewpoints for children and how they should be disciplined.

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- Articulate the long and short-term effects of our parenting choices.
- Examine the right and left hemispheres as well as the upper, middle, and lower parts of the brain to explore how they affect a child's behavior.
- Apply the "Mistaken Goal Chart" to any behavior to determine the underlying causes and possible solutions.
- Explore logical consequences and the criteria for "positive discipline" when facing behaviors.
- Analyze our strengths and weaknesses and how they interact with our children's personalities.
- Acquire a plethora of strategies to confidently respond to even the most challenging behaviors.
- And much more!!!

Course Fee

Contact Shannon at yoloparents@gmail.com for pricing information.

Hear What Other Parents Are Saying:

"Shannon Meyer has been a blessing in my family's life. Before I met her, I was constantly yelling at and threatening my strong-willed four year old. Shannon has taught me new ways to parent that have been life changing." - *Obie, parent of two*

"We now have less threats, punishment, time outs, hurt feelings and guilt. Getting our son to use his 'higher brain' is our new goal. Thank you, Shannon!!!" - *Chelsow, parent of two*

"Shannon Meyer is a wise person who fulfills the mission of helping parents. She had us laughing at her anecdotes and crying during role play, because she touched the deepest part of us as parents: our hearts. Shannon gives me great hope on the bumpy road of motherhood. Her guidelines are on my fridge." - *Alice, parent of two*

"You get hooked on the positivity. You role play to actually see how your child feels and leave with the redirect of positive power." - *Michelle, parent of two*

"Shannon was able to connect science with the reality of raising children in a way that was eye-opening. Her real life scenarios and techniques were a game-changer for our family." - *Thalla, parent of three*

FAQs

Does the course have to be 6 weeks? Can it be done in less?

-Yes! The course can be adjusted for your needs! At 6 weeks, each session would be about 1.5 hours. Prefer 4 weeks? Then it would be about 2 hours. Depending on the structure you use the course fee may adjust.

Are there materials/books that need to be purchased?

-No. However, Shannon has plenty of book recommendations if you'd like to know more about a certain topic.

Are there readings or homework?

-No. In the past Shannon has found that this can create stress for busy parents so she gives simple "action item" homework like trying a new strategy and debriefing it the following week. She also often provides short readings to share with partners and other caregivers to prompt discussion and provide consistency for the children.

How are the sessions structured?

-The lesson begins with a warm-up question to activate our brains and provide schema. Next Shannon will introduce a new topic or concept and provide some teaching. Parents will then engage in interactive role-plays to explore the concept for themselves and debrief how various strategies feel to them. This learning experience then transforms into actionable items specific to the parent and child.

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Lastly, the group will reflect on the experience and note how their thinking may have changed during the learning experience.

