

THE IMAGO PARENTING COURSE

CONNECTED | THRIVING
PARENTS, | KIDS

with Grace McDonald

Saturday May 29, 2021
10:00 am

[REGISTER HERE](#)

Recordings will be sent to registered participants shortly after the conclusion of the webinar.
While it's not required, live participation of both parents is encouraged.

This **FREE** presentation is a 2 hour condensed version of **Connected Parents, Thriving Kids: the Imago Parenting Program**, based on the book *Giving the Love That Heals*, by Harville Hendrix and Helen LaKelly Hunt, the founders of Imago Relationship Therapy. It is designed to help parents be more conscious and connected in their relationships with their kids. One guiding principle is that when a child's emotional needs are met by their parents, they thrive, and this is vital to brain function and development. Based on the latest research in neuroscience and child development, parents will learn practical tools to use every day to help your child develop into a healthy relational adult.

Learning Objectives & Agenda

Parents will learn how to:

- Use a communication tool with their kids that helps them to be present, calm down their own reactivity, and deeply listen.
- Validate their child's perceptions and way of thinking
- Empathize with their child's feelings
- Feel more confident to handle difficult parenting moments, acting out, and children having lots of feelings
- Recognize children's need for limits, and how to set limits while staying in connection
- Begin to become aware and make sense of their own childhood, how they were parented, and life experiences, and how that influences how they parent now
- Understand the neurobiology of reactivity and how reactivity can disconnect relationships. And after a year of constant stress, we are all more reactive!
- Feel more able to self-intervene and calm down and teach their children how to self-soothe
- Aim to be 'good enough parents': more informed, more equipped, and less reactive.

The agenda includes:

- Checkin & Introduction
- Lecture
- Demonstration & Practice
- Q&A

I welcome all parents. Looking forward to seeing you all there!

