

The Hudson City School District is pleased to offer a series of live Zoom workshops designed to help parents support their children during these incredibly difficult and historic times.

Topics include:

January 21: A COVID19 Playbook for Parents

January 27: Ways to Increase Your Child's Motivation

February 23: 10 Natural Ways to Boost Your Mood

March 9: Recognizing and Coping with Your Child's Anxiety (and yours)

March 25: Address Defiant Behavior and Bring More Peace to Your Home.

All sessions begin at 7 p.m.

These workshops are paid for with Title I Parent Involvement funds

Please see the full workshop descriptions on the following pages. Links to attend are on the last page.



HUDSON
CITY SCHOOL DISTRICT

Clermont : Elmont : Glenmont : Hudson : Livingston : Monticello : Thibault

PRESENTS

5 Webinars for Parents/Caregivers

JANUARY 21

A COVID-19 PLAYBOOK FOR PARENTS

These are unprecedented times, and all families are having to adapt, change and cope with the stress of living during a pandemic. This is a unique webinar that focuses on the impact Covid-19 has had on children and their families, both at home and at school.

Parents/caregivers will learn ways to recognize the effects of trauma, anxiety and dysregulation of the nervous system, and understand how this impacts learning and behavior. Participants will learn practical strategies to use at home, such as using a collaborative approach, incorporating mindfulness, teaching self-regulation skills, and how to increase intrinsic motivation. Parents will leave feeling empowered and hopeful about being equipped to guide their children through this difficult time.

JANUARY 27

HOW TO INCREASE YOUR CHILD'S MOTIVATION

- How do I motivate my child to do his homework?
- Why doesn't she seem to care about doing her best during basketball practice?
- I am constantly reminding him to practice his violin - how do I motivate him to practice on his own?

Motivation is a fascinating topic for employers, for teachers and also for parents. During this workshop, you will learn the three components that must be present in order to help your child develop intrinsic motivation. We will discuss ways to use these components at home to encourage your child to be more engaged, interested and motivated to act, simply because it feels rewarding to them when they do so.



JENNIFER BASHANT

Jennifer L. Bashant, Ph.D., LMSW, MA, founder of Building Better Futures LLC, is an Educational Consultant and Trainer, with the mission to provide educators with evidence-based strategies to reduce challenging behavior in the classroom, and therefore, have a positive impact on learning. She is extremely passionate about her work, which is evident in her high-energy, engaging trainings and in her ability to connect with educators in a compassionate and authentic way.

Jennifer provides training and embedded coaching to educators regarding the most behaviorally challenging students. Her approach is trauma-sensitive and strengths-based, and she seeks to foster collaborative relationships between educators and students as they work together as partners in learning. Jennifer has been trained in Collaborative Problem Solving and the Mindful Schools curriculum for students ages kindergarten through grade 12. As a certified DiSC Leadership and Work Style Trainer, and a certified EQ-i 2.0 trainer, Jennifer also trains administrative teams, building leadership teams and teachers about emotional intelligence and how to communicate more effectively with others.

Jennifer Bashant
BUILDING BETTER FUTURES

FEBRUARY 23

10 NATURAL WAYS TO BOOST YOUR MOOD

Depression doesn't always present as a major depressive disorder. Sometimes it can manifest as a constant, low mood and/or irritability. During the workshop we will discuss the symptoms of depression and how to recognize it, as well as how to improve your mood with nutrition and exercise and other research-based practice.

MARCH 9

RECOGNIZING AND COPING WITH YOUR CHILD'S ANXIETY (AND YOURS)

Many children and adults are feeling fearful and anxious as a result of living through the COVID-19 pandemic. Anxiety can look like many different things, including anger, irritability, defiance and shutting down. During this webinar, you will learn how to recognize the behaviors that may be caused by anxiety, and how to help your child (or yourself) reduce anxiety.

MARCH 25

ADDRESS DEFIANT BEHAVIOR AND BRING MORE PEACE TO YOUR HOME

Has your child's behavior been more challenging than usual? Do you find that you are getting into power struggles with your child every time you ask them to do something? During stressful times, it is very common to experience fear and anxiety, both of which often lead to challenging behavior. This webinar will show you simple ways you can shift your mindset and your parenting approach to be more collaborative with your child, and start to see improved behavior right away.



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Workshop Links

Zoom is a free download. Please be sure to do so prior to the workshops so you do not have any issues joining.

COVID-19 Playbook for Parents

7 p.m. Jan 21, 2021

Parents/caregivers will learn ways to recognize the effects of trauma, anxiety and dysregulation of the nervous system, and understand how this impacts learning and behavior. Participants will learn practical strategies to use at home.

Please click here to [join the webinar](#)

Passcode: 910657

Ways to Increase Your Child's Motivation

7 p.m. Jan 27, 2021

During this workshop, you will learn the three components that must be present in order to help your child develop intrinsic motivation.

Please click here to [join the webinar](#)

Passcode: 330652

10 Natural Ways to Boost Your Mood

7 p.m. Feb 23, 2021

During the workshop we will discuss the symptoms of depression and how to recognize it, as well as how to improve your mood with nutrition and exercise and other research-based practice.

Please click here to [join the webinar](#)

Passcode: 556975

Recognizing and Coping With Your Child's Anxiety

7 p.m. March 9, 2021

Learn how to recognize the behaviors that may be caused by anxiety, and how to help your child (or yourself) reduce anxiety.

Please click here to [join the webinar](#)

Passcode: 047054

Address Defiant Behavior and Bring More Peace Into Your Home

7 p.m. March 25, 2021

This webinar will show you simple ways you can shift your mindset and your parenting approach to be more collaborative with your child, and start to see improved behavior right away.

Please click here to [join the webinar](#)

Passcode: 104162

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