**PRESENTATION DESCRIPTIONS**

**FOR PARENTS, PROFESSIONAL, CHILDREN & TEENS**

**DONNA SHEA, BA**

Workshops & Professional Development Seminars can easily be tailored or customized for your group.

**BIO:** Donna Shea, Director of The Peter Pan Center, is a behaviorist, parent educator, and social coach holding a degree in Behavioral Science from Lesley University in Cambridge, MA. Since opening the Peter Pan Center in 2002, she has worked to address the needs of families whose children are struggling with behavior and social challenges. Donna brings 27 years of life experience to her work as a parent of two sons with ADHD, Anxiety and Sensory Integration Challenges.

Donna is a consultant to schools, parent groups, and human service agencies. She is also a seasoned public speaker and travels to bring workshops and seminars to groups and venues outside the local area. She has a certification in bullying prevention through the Massachusetts Aggression Reduction Center, is co-writer of the *How to Make & Keep Friends* book series and co-creator of the Social Success in School Initiative to provide classroom training and team building for elementary and middle schools.

**WORKSHOPS FOR PARENTS**

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| j0126147 | Parenting the Anxious Child (Creator: Donna Shea) Anxiety in children can often present itself as a behavior problem. This workshop will explore anxiety in children and its impact on behavior. Parents will learn how to recognize anxiety, the questions to ask and strategies to help their child manage his or her worries. We'll discuss the challenges of anxious children including rigid thinking, the need to control their environment and perfectionism. |
| alarm clock is  angry by OlKu - alarm-clock, angry, cartoon, clip art, clipart, get up, laziness, morning, ringing, time, vector, | Morning Madness & Bedtime Blues: Strategies for Those Challenging Times of the Day (Creator: Donna Shea) This workshop focuses on building a parent tool kit to creatively manage the most difficult times of the day. We will talk about discipline as an educational tool, choosing battles and how to avoid common behavior issues. Parents will learn strategies for helping children with transitions (particularly in the morning and at bedtime), managing tantrums and defiant behaviors, homework issues and dealing with children’s resistance to getting ready for school and going to bed. |
| The Egg Guy by bocke - Meet The Egg Guy. Done while experimenting with SodiPodi. Btw, "jaje" means "egg" in my language. (Revised: 22.07.2008. Taken off the font. Didn't yet bother to fix up errors.) | Behavior: The Language of Children (Creator: Donna Shea)  Children communicate through their behavior. Behavioral problems may occur when we misunderstand what a child is trying to tell us. Parents may find themselves continuously addressing the same behaviors and wondering why their child keeps repeating these behaviors. This workshop will help parents *get under* the behavior and discover what it is a child is trying to tell you. The workshop will provide simple, yet effective tools for managing behavior issues. We’ll explore the role of development, how to read a child’s temperament in the context of "too much, too little or just right" and share strategies to assist parents in better understanding the language of behavior. |
| Pirate Bean by djcowan - Glass-style emoticon of an angry, pirate character. | Harnessing Captain Hook: Tips for Managing Conflict in Families  (Creator: Donna Shea)  Do you find yourself in frequent conflict with your child? In this workshop focused on anger management for families, parents will gain a better understanding of why these conflicts occur and leave with easy actionable strategies to help everyone in the family learn to be better problem solvers and more flexible thinkers.  Families will learn the anger rules, strategies to manage anger when it does occur, how to communicate and collaborate rather than retaliate and develop more positive methods of interaction and discipline. |
|  | **Parenting Your A-Plus Child (Creator: Donna Shea)**  We all have awesome kids. Sometimes our kids have a little *plus* to their awesome – anxious, angry, awkward or active that add a little more to our job as parents. This workshop for parents will provide an overview of what makes your A-Plus child tick and provide concrete strategies to support your child. We'll look at the different variations of these challenges and explore whether or not it could be something else.  We'll talk about the facts and myths about diagnosing kids and the effect parenting an A-Plus child has on his or her parents. |
|  | Surviving Adolescence: Outwit, Outplay, Outlast! (Creator: Donna Shea) In these workshops on adolescents, we will explore adolescent development and how this exciting, yet sometimes excruciating, process of growing up can impact family life. Surviving Adolescents will explore why teens become *allergic* to their parents and how boys and girls journey through adolescence is similar and different ways.  We will talk about how to gain respect from your teen, tips for communication and collaboration, strategies for parenting a teen as opposed to a younger child and how to avoid the traps our teens set for us and the ones we set for ourselves to establish a healthy relationship with our adolescents. |
|  | Parenting Peter Pan: Tips to Help & Support Your AD/HD Child(Creator: Donna Shea) This workshop for parents will provide a soup to nuts view of AD/HD. We'll look at the different variations of attentional issues and explore whether or not it could be something else. We'll talk about the facts and myths about AD/HD and the effect parenting an AD/HD child has on his or her parents.  Treatment options will be discussed as well as providing straightforward strategies to help parents more effectively manage the impact that AD/HD has on their family. |
|  | Mothering Peter Pan: The Story Behind the Story of AD/HD(Creator: Donna Shea) In this workshop based on a thesis project by the same name, we will explore the impact that AD/HD children have on their mothers. This impact can include negative feelings toward your child, embarrassment about your child’s behavior, bewilderment as to why your child doesn’t listen or respond to you, feeling trapped and isolated, exhausted and guilty. We will discuss that all of these feelings are normal when raising an AD/HD or challenging child. We will talk about how to deal with all of the advice that family members or other people give you (he just needs a spanking, if only you were firmer with him, etc.) You may also find yourself in constant conflict with your spouse. We will talk about ways to take care of yourself when raising a challenging child, how to deflect and manage the comments of other people, giving up the guilt, and activating support systems. |
|  | The Lost Boys (and Girls): Siblings Have Special Needs Too(Creator: Donna Shea) Being the sibling of a child with specific needs or behavioral challenges can be difficult. It isn’t easy when your brother or sister demands more parent attention, causes strife in the family or ruins fun plans or family outings with behaviors. The can also be a higher degree of conflict, fighting and aggression between siblings. Siblings may feel that they have to be the *good* one or act out to gain parent attention. They may have worries about what is going on with their sibling or other unspoken anxieties. Siblings may also try to take on the role of parenting their brother or sister with specific needs. In this workshop, we will explore the nature of these sibling dynamics, discuss the needs for support of siblings of children with specific needs and offer strategies and solutions to support siblings in their often supportive but frequently difficult role. |
|  | You’re Not the Boss of Me: Teaching Your Child to be a Flexible Thinker by Being a Flexible-Thinking Parent (Creator: Donna Shea) You may notice the more you try to force an issue, the harder your child fights back. In this workshop, we will discuss that fine line between necessary parental authority and letting your child be their own person. We will discuss the importance of teaching your child frustration tolerance and flexible thinking skills using a you-me-we method of problem solving. Parents will also learn creative problem solving strategies as well as specific tips and language to use to decrease conflict and create a flexible-thinking family environment. |
|  | It’s Not Nice to Hit People: Understanding and Managing Aggression in Preschoolers (Creator: Donna Shea) In this workshop, we’ll discuss factors and facts about aggression in young children. We’ll briefly discuss temperament and how parenting styles effect the way we handle aggression, and external factors contributing to aggressive behaviors. We’ll explore the steps to managing aggression in young children as well as strategies to help your child to not become a victim of aggression. |
| Crying Baby by darrenbeck - Baby crying and upset. | This is *NOT* What I Expected: Help for Parents of High Need Infants & Toddlers (Creator: Donna Shea) There are so many happy expectations we have when starting a family. What we don’t expect to have is a high-need baby or toddler. High need infants and toddlers don’t sleep well, seem impossible to soothe or satisfy, are demanding, intense and unpredictable (forget routines!) High need babies can create a feeling of failure as a parent. In this workshop, we will talk about understanding the high need infant and toddler, the role that sensory integration plays in high need children, a discussion about the love but not like relationship that may develop and strategies to support (and survive) your high need child. |
|  | Friendship & Social Coaching Helping Kids Make & Keep Friends  (Co-Creators: Donna Shea & Nadine Briggs)  This workshop for parents explores the barriers to friendship that may be preventing your child from having positive peer relationships. We'll explore how to help your child recognize and overcome these barriers, the important role that parents play in social coaching and tips on how to teach your child social independence and increase your child’s social success. |
|  | Bullying & Teasing: Ending the Bullying Cycle  (Co-Creators: Donna Shea & Nadine Briggs)  In this workshop, we'll look at the role each player has in the bullying circle: the bully, henchmen, supporters, passive supporters, disengaged onlookers, possible defenders and defenders. We'll discuss ways to help all children involved in the bullying circle. We'll discuss reasons why some children present a greater target for bullies and how to help personally empower kids to stick up for themselves as well as what can be done to help a bully change his/her behavior. |
|  | Building Bridges Between Home and School (Creator: Donna Shea)  When you are a parent of a child with learning, behavior or social challenges, the relationship between home and school is important, but can also be difficult. Each school year, we begin with high hopes that this year will be better. In this workshop, we will talk about common issues that arise between home and school, signals that things are falling apart, communication between parents and teachers, when and how to ask for an evaluation of your child’s learning process and how to work together instead of at odds. |
|  | HOMEWORK FOCUS: *F*acing *O*rganizational *C*hallenges *U*sing *S*trategies  (Creator: Donna Shea)  Many parents find that one of the biggest struggles that they have with their children is the organizing and accomplishing of homework. In this workshop, we will examine expectations regarding homework, roles that parents, teachers and children play regarding schoolwork, and ways to structure and accommodate homework. We will talk about procrastinators and producers, the push versus the pull method of motivation and strategies to lessen the conflict around homework. |

**SEMINARS FOR PROFESSIONALS**

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| C:\Users\Donna Shea\Desktop\Sensory Integration.jpg | Emotionally Challenging Children: What to Look For and How to Help (Creator: Donna Shea)  A professional development workshop for educators focused on potential challenges that a child has that may be contributing to disruptive behavior in the classroom. We'll explore possible signs of Sensory Integration Dysfunction, Anxiety, Attention Challenges, Mood Challenges, Autism Spectrum Disorders and more. We'll discuss how to raise concerns with parents as well as strategies to manage children who struggle with these challenges in the classroom. |
|  | Teaching Peter Pan: Understanding A-Plus Kids in the Classroom  (Creator: Donna Shea)  Every teacher is invested in his or her students’ success. When a challenging child appears in the classroom, the learning process for that child or other children in the classroom can be disrupted. Children who are distracted, appear not to listen and that become defiant are not easy to teach. In this workshop, we will look into and under the behaviors that challenging children present in the classroom, explore some of the myths regarding these children, discuss the effect that Peter Pans may have on educators. We will explore creative classroom strategies, working with parents and keeping a symptomatic perspective regarding challenging children. |
| http://openclipart.org/image/800px/svg_to_png/121249/PiezaRompecabezas.png | 1 in 88 (Now 1 in 68): The Rise of Autism in Children (Creator: Donna Shea)  Autism diagnoses are on the rise. Chances are that you have one or more children on the autism spectrum in your preschool, classroom or school-related program.  In this workshop for educators and other childcare providers, we will discuss the signs and signals of a child who may present with traits of an autism spectrum challenge or difficulty with social communication. We will focus on understanding the unique strengths of children on the spectrum and strategies for the areas where they may need support. |
|  | Problems & Solutions: Behavior Strategies for Extended Day & Childcare Providers (Creator: Donna Shea)  This workshop provides extended day and other child caregivers with concrete strategies and solutions for common behavior problems. We will discuss how people can be problem creators, problem enhancers, problem victims and problem solvers. We will discuss problems and solutions in five different areas: behavior, anger, social skills, peers and respect. |
|  | Breaking Down the Barriers to Friendship (Creator: Donna Shea)  This workshop for focuses on the social coaching methodology to help children find social success. The workshop will introduce key phrases for social coaching, give an overview of the evidence-based Collaborative Problem Solving Approach (from Ross Greene's Explosive Child), and provide actionable strategies to help kids overcome specific barriers to friendship including anger management, sportsmanship problems and more. |
|  | It's A Jungle (Gym) Out There: Tips for Managing Behavior for School Helpers (Creator: Donna Shea)  Recess aides, lunch aides, bus drivers and paraprofessionals at school are frequently faced with challenging behaviors during the course of a school day. In this workshop specifically for the school helpers who interact with children during the more unstructured times of day, we'll discuss the different reasons that kids misbehave, how to manage those behaviors effectively and to build mutual respect between adults and children at school. |
|  | Behavior Begins With Respect (Co-Creators: Donna Shea & Nadine Briggs)  Respect is a two-way street. In respecting children, their feelings and opinions, we model for them how to respect ours and those of other children. This workshop will focus on helping educators teach children respectful ways to interact with others and ultimately create a more respectful school environment. |
|  | Shshh!…This Is the Library: How to Deal with Clients and Customer Challenging Public Behaviors Quite often employees of public places experience the need to service clients and customers that may exhibit challenging behaviors. In this workshop, we will discuss how to look beyond the actual behavior to what need the client may actually have and tips and strategies to help defuse client behaviors or challenging situations. |

**WORKSHOPS FOR CHILDREN & TEENS**

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|  | Getting the Mads Out: Anger Management Skills for Kids  (Creator: Donna Shea)  **In this workshop, children will learn that anger is okay**. We will explore how to recognize the physical signs of anger when there is still time to choose your reaction. We will discuss the rules for being angry and safe and creative ways to handle angry feelings and provide specific words that kids can use when angry and learn more effective problem solving techniques. |
| j0089458 | Good Sports Always Win (Creator: Donna Shea)  The ability to be a good sport is key to social success for children. In this workshop, we discuss ten important tips on being a good sport and help children with insight on why sportsmanship is such a vital piece to friendship. |
| C:\Users\Donna Shea\Pictures\nagging mom 2.jpg | Help Me Get My Mom off My Back: Organization & Time Management Tricks for Tweens & Teens (Creator: Donna Shea)  In this workshop geared for middle and high school kids, we'll take a look at the benefits to teens for being organized (more time for your friends or computer) and tricks and tips for organization and time management. We'll look at why people procrastinate, why the *push* method that parents often use to get their teens motivated doesn't work and that there are only two things to organize: time and stuff. |
| http://www.maconaquah.k12.in.us/mms/mmsguidance/bully.jpg | Bully Busting & Managing Meanies  (Co-Creators: Donna Shea & Nadine Briggs)  This workshop for elementary school children focuses on preventing bullying before it begins. We will discuss the important difference between bullying and conflict. Kids will learn strategies to stick up for themselves, how to help someone else who is being bullied, language to use when someone is being mean, conflict resolution skills, the difference between tattling and telling, sticking out versus blending in and social self-confidence. |
|  | The Maze of Middle School: Peers, Popularity & Social Power Plays  (Co-Creators: Donna Shea & Nadine Briggs)  This workshop for middle school students focuses on the specific challenges of this age and stage at school. Tweens and young teens will learn that many of the challenges they are facing are all a normal part of middle school. We will discuss ways to handle the challenges of flip-flop friends, peer pressure and the school cafeteria. We also explore ways to build confidence, stick up for yourself and preventing yourself from becoming a victim of bullying. |
|  | High School Social Trivia (Co-Creators: Donna Shea & Nadine Briggs)  This workshop for high school students focuses on social aspects of high school and young adulthood. In a fun, game show format, we present students with thoughts and strategies for peer pressure, relationships, the future (college and employment), dealing with conflict and bullying situations and online and texting safety and etiquette. |