




PRESENTATION DESCRIPTIONS
FOR PARENTS, PROFESSIONAL, CHILDREN & TEENS
DONNA SHEA, BA – SOCIAL-EMOTIONAL LEARNING SPECIALIST

Workshops & Professional Development Seminars can be tailored to meet the specific needs of your group. Speaker fees for the 2025–2026 season are \$700 for on-site (daytime only) or Zoom (daytime or evening) workshops up to two hours. Longer trainings and seminars are available—please inquire for pricing.

BIO: Donna Shea, Founder of The Peter Pan Center, is a social educator and coach. Since opening her center in 2002, she has supported families of children with behavioral and social challenges. Donna brings 38 years of lived experience as a parent of two sons with ADHD, anxiety, and sensory integration challenges. She consults with schools, parent groups, and human service agencies, and is a seasoned public speaker who presents workshops and seminars across the country. Donna holds certifications in Cognitive Behavioral Coaching, Pathological Demand Avoidance, Positive Psychology, and Bullying Prevention. She is also co-author of the *How to Make & Keep Friends* book series.

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WORKSHOPS FOR ADULTS

	<p><u>Emotionally Challenging Children: What to Look for and How to Help</u></p> <p>A workshop focused on potential challenges that a child has that may be contributing to disruptive behavior in the classroom, in extended daycare or at home. These are the A+ kids. Awesome, with a little extra “plus.” We will explore possible signs of Anxiety, Attention Challenges, Anger & Mood Challenges, Avoidance, Autism Spectrum Disorders and more.</p>
	<p><u>Behavior: The Language of Children</u></p> <p>Children communicate through their behavior. Behavioral problems may occur when we misunderstand what our child is trying to tell us. When they are very young, children haven’t acquired enough language to verbalize their feelings. We, as parents, may find ourselves continuously addressing the same behaviors and wondering why our child keeps repeating these behaviors despite our efforts at distraction, time-outs and discipline.</p> <p>During the workshop we will explore the role of development and how your child’s temperament comes into play. The takeaways will help you to dig under your child’s actions and discover what it is your child is trying to tell you. And, you will learn simple, yet effective tools for understanding and managing issues as they arise.</p>
	<p><u>You’re Not the Boss of Me: Teaching a Child to be a Flexible Thinker by Being a Flexible-Thinking Adult</u></p> <p>You may notice the more you try to force an issue, the harder a child will fight back. In this workshop, we will discuss that fine line between necessary adult authority and letting a child be their own person. We will discuss the importance of teaching children frustration tolerance and flexible thinking skills using you-me-we method of problem solving. Participants will also learn creative problem-solving strategies as well as specific tips and language to use to decrease conflict and create a flexible-thinking environment.</p>



Friendship & Social Coaching Helping Kids Make & Keep Friends

This workshop explores the barriers to friendship that may be preventing a child from having positive peer relationships. We'll explore how to help a child recognize and overcome these barriers, the important role that adults play in social coaching and tips on how to teach children social independence and increase their social success.



PDA: Is it a Missing Piece of a Puzzle?

Pathological Demand Avoidance (PDA) is a profile recognized in the United Kingdom, but not yet here in the United States. PDA is associated with individuals on the autism spectrum and is best described as a form of severe anxiety, causing an obsessive resistance of any form of demand. Typical interventions for autism (such as ABA) are usually not effective.

This workshop will cover PDA's features and characteristics and discuss ways to support children that we suspect may have this profile.



After School: The Learning Place for Social Skills

Most of us of a certain age may remember coming home from school and being sent out to play until dinnertime. With large shifts in our culture, including safety concerns, homework loads, structured activities and families with two working parents, most children are no longer afforded this neighborhood in-the-trenches social learning experience. Social learning is now happening during recess periods and after school programs.

This workshop focuses on providing after school program personnel and other child-based program staff Donna's in-the-moment social coaching methodology to help children find social success and to navigate social challenges that occur for all kids. The workshop will introduce key phrases for social coaching children in-the-moment and provide actionable strategies to help children initiate, maintain and sustain positive peer interactions. Topics will include problem solving, sharing, frustration management, sportsmanship, tattling, managing mean behaviors and more.



Problems & Solutions: Behavior Strategies for Extended Day & Childcare Providers

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.



Behavior Begins with Respect

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 adults teach children respectful ways to interact with others and ultimately create a more respectful school environment.



Adjusting to our New Reality

In 2020, we all experienced a seismic shift in how we live our lives due to the pandemic. This shift has been traumatic for many, and a relief for some. Anxiety is high among children, families, neighborhoods, schools, and through our entire planet. We are experiencing things that we never would have dreamed of and learning and living much of the time online. In this workshop, we will look at the changes that life has brought and discuss tips and strategies for making our new reality work for us.



Kindness Counts & Manners Matter

We all want other people to respect us, listen to us and use good manners. In this workshop, we focus on building a culture of kindness and good manners and discuss how that leads to creating mutual respect between adults and children. We talk about removing expectations that children must be friends with each other, and provide strategies for supporting children in getting along, including each other, and more.



Surviving Adolescence: Outwit, Outplay, Outlast!

In these workshops on adolescents, we will explore adolescent development and how this exciting, yet sometimes excruciating, process of growing up can impact those in its path. Surviving Adolescence will explore why teens become *allergic* to their parents, prefer the advice of other adults, and how all teens journey through adolescence in similar and different ways.

We will talk about how to gain respect from a teen, tips for communication and collaboration, strategies for connecting with a teen as opposed to a younger child and how to avoid the traps teens set for us and the communication traps we set for ourselves.



Just Do What I Say! Tips for Managing Conflict and the Need for Control

Do you find yourself in frequent conflict with a child? In this workshop focused on frustration management, participants will gain a better understanding of why these conflicts occur and leave with easy actionable strategies to help with problem-solving skills and flexible thinking.

We will discuss the rules about being angry, strategies to manage anger and power plays when they do occur, how to communicate and collaborate rather than retaliate, and develop more positive methods of interaction and discipline.



Supporting the ADHD Child

This workshop will provide a soup to nuts view of AD/HD. We'll look at the different variations of attentional issues and explore whether it could be something else. We'll talk about the facts and myths about AD/HD and the effect an ADHD child has on the world around them.

Treatment options will be discussed as well as providing straightforward strategies to help adults more effectively manage the impact of ADHD.



You Never Let Me Do Anything! Why Your Child Needs Limits

Anxiety in children can often present itself as a behavior problem. Did you know that parenting without setting limits increases anxiety in children? This workshop will explore what happens when we parent children without limits: tantrums, negotiations, and kids who feel entitled. We will discuss the role that parental guilt or exhaustion may play in holding firm to limits and boundaries. We'll look at the concepts of when fair isn't always equal, as well as when to hold onto an expectation, and when to let go.



Supporting Anxious Children

Anxiety in children can often present itself as a behavior problem. This workshop will explore anxiety in children and its impact on behavior. It will include learning how to recognize anxiety, the questions to ask and strategies to help a child manage their worries. We will discuss the challenges of anxious children including rigid thinking, the need to control their environment and perfectionism.





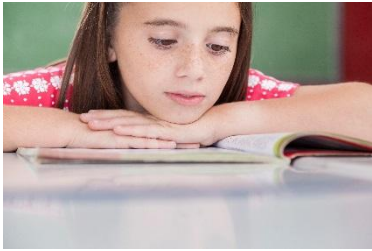

It's Not Nice to Hit People: Understanding and Managing Aggression in Preschoolers

In this workshop, we'll discuss factors and facts about aggression in young children. We'll briefly discuss temperament and how parenting/teaching styles affect 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 a young child to not become a victim of aggression.




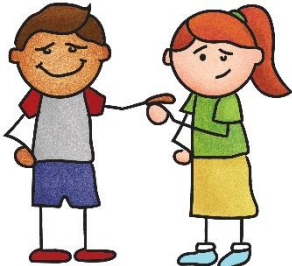


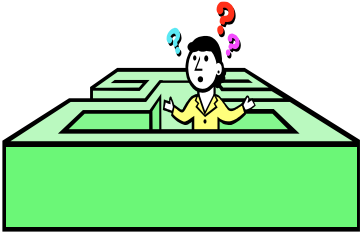
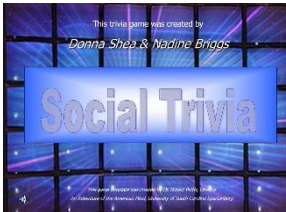
Morning Madness & Bedtime Blues: Strategies for Those Challenging Times of the Day

This workshop focuses on building a 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. We will discuss 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.

	<p><u>Love Has No Limits, But Parenting Does!</u></p> <p>With the stress of our fast-paced existence, more demands on our time, and long hours, we sometimes just don't have the steam for the harder-than-we-might-expect work of parenting. Let's be honest, we all slide when it comes to seeing the limits our kids need from us. In this workshop, we'll talk about the benefits of limit setting, that fair is not necessarily equal, dealing with tantrum throwers and negotiators, when to hold onto an expectation and when to let one go, overcompensating because we feel guilty, and why we should allow other adults to set limits with children.</p>
	<p><u>Siblings Have Special Needs Too</u></p> <p>Being the sibling of a child with specific needs or behavioral challenges can be difficult. It isn't easy when your sibling demands more parental attention, causes strife in the family or ruins fun plans or family outings with behaviors. There can also be a higher degree of conflict, fighting and aggression between siblings. Siblings may feel that they must be the <i>good</i> one or act out to gain parent attention. They may have worries about what is going on with their siblings 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.</p>
	<p><u>Building Bridges Between Home and School</u></p> <p>When you are a parent or educator 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. 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 a child's learning process and how to work together instead of at odds.</p>
	<p><u>My Senses Don't Make Sense! Recognizing and Supporting Children with Sensory Integration Dysfunction</u></p> <p>Every human being has a sensory profile. Some of us are more sensitive to sound, others to smell. Some of us seek out sensory experiences and some of us avoid them. What do you do when a child's sensory "overload" impacts their ability to comfortably access the things that are necessary for childhood or make it fun? In this workshop, we'll look at kids with sensory challenges and talk about strategies that help. We'll also discuss how finding the services of, or talking to your school OT, can make a world of difference for a child whose senses don't make sense.</p>

	<p><u>Maybe You Know This Kid?</u></p> <p>While all professionals who work with children know that each child is a unique and wonderful person, children in our schools or extended day programs may exhibit similar challenges. Wouldn't it be great to share strategies that have worked for us to help other programs or pick the brains of other child professionals about a child that we have tried "everything" for and still bewilders us. This workshop will be held in a roundtable format, drawing on the expertise of all participants. Attendees will be asked to submit or bring a case study for a brainstorming discussion.</p>
	<p><u>What is Your <i>Pe</i>ersonality? Evaluating Soft Skills in the Workplace</u></p> <p>This workshop focuses on soft skills (social skills) for adults in the workplace. In this workshop, we look at the different barriers that adults face and different personalities that play into social success at work. Participants will fill out a profile to reflect on personal strengths and areas where social skills may be improved from an adult perspective. We also address teamwork, conflict resolution and problem-solving strategies.</p>
	<p><u>1 in 88 (Now 1 in 68): The Rise of Autism in Children</u></p> <p>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.</p>
	<p><u>Breaking Down the Barriers to Friendship</u></p> <p>This workshop focuses on the social coaching methodology to help children find social success. The workshop will introduce key phrases for social coaching and provide immediately actionable strategies to help kids overcome specific barriers to friendship including anger management, sportsmanship problems, inflexibility, shyness, over-silly interactions, and more.</p>
	<p><u>It's A Jungle (Gym) Out There: Tips for Managing Behavior for School Helpers</u></p> <p>Recess aides, lunch aids, bus drivers and paraprofessionals at school are frequently faced with challenging behaviors during 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.</p>

WORKSHOPS FOR CHILDREN & TEENS

	<p><u>Getting the Mads Out: Anger Management Skills for Kids</u></p> <p>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.</p>
	<p><u>Good Sports Always Win</u></p> <p>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 how to apply them. Participants will also leave with greater insight on why sportsmanship is such a vital piece to friendship, as well as have an opportunity to practice sportsmanship skills in real-time through playing elimination games.</p>
	<p><u>Help Me Get My Mom off My Back: Organization & Time Management Tricks for Tweens & Teens</u></p> <p>In this workshop geared for middle and high school kids, we'll 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 <i>push</i> 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.</p>
	<p><u>Bully Busting & Managing Meanies</u></p> <p>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.</p>
	<p><u>The Maze of Middle School: Peers, Popularity & Social Power Plays</u></p> <p>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.</p>
	<p><u>High School Social Trivia</u></p> <p>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.</p>