



Workshop

Behavioral Challenges at Home: Strategies and Solutions for Parents

Presented by Miriam Manela, OTR

Developer of the Thrive Method

Parents today are struggling with behavior and social issues that were unimaginable a decade ago.

Challenges, disruptions, and conflict at home begin at an early age and may include:

- Anxiety, rigidity, and controlling behavior
- Distractibility and difficulty paying attention and focusing and/or an inability to sit still without fidgeting
- Lack of motivation or being withdrawn
- Lack of respect for others' and own property
- Taunting, shaming, intimidation, and bullying
- Tantrums and Attention-seeking behaviors
- Risk-taking behaviors such as running away or jumping from very high areas
- Physical aggression (shoving, kicking, hitting, and spitting)
- Becoming over-stimulated after movement or play, difficulty calming down
- Lack of cleanliness or hygiene
- And other behaviors that prevent effective parenting.

It's frustrating and difficult to know how to help children who display problem behaviors at home or school. It can feel like a tightrope walk to find the right balance between running the home, helping a child, and coping with challenging behaviors. Parents need effective methods to transform challenging behaviors into positive attitudes so they can spend more time helping their child progress and less time dealing with disruptive behaviors. The Behavioral Challenges at Home: Strategies and Solutions Workshop is designed to help parents confidently shape their child's behavior and strengthen their relationship with him.



Workshop Overview

There are a variety of tools in the Thrive Method toolkit that are proven to help parents build a constructive relationship with each of their children. This workshop gives practical strategies and interventions that parents and others will be able to use to predict, prevent, and manage problem behaviors they face every day.

Who Should Attend?

This workshop is designed for parents and others, who want to understand, influence and improve their child's behavior and improve their relationship with him.

What will Parents Learn?

How to shape a child's behavior using effective techniques from pediatric behavior expert, occupational therapist Miriam Manela OTR, author of *The Parent-Child Dance: A Guide to Help You Understand and Shape Your Child's Behavior* (October, 2014).

Specific, practical interventions to help parents and others regulate themselves, and achieve calmness and mindfulness when facing tantrums and other problem behaviors, in order to be able to quickly regulate the child, *without* personal enmeshment and emotional reactivity.

Activities that Miriam Manela has taught to hundreds of parents, professionals, educators, and occupational therapy students, that have been proven to help adults cope with and reduce or eliminate the behaviors listed on page one of this workshop outline.

In the Strategies and Solutions for Parents, Participants will:

- Participants will present current examples from their homes and together we'll generate an effective approach to addressing the behavioral issues.
- Engage in Structured Role Play and Mock Family
- Participate in Group Discussion
- Ask Questions
- Have the opportunity to create their own, personalized Before-and-After Guide, which they will be able to use as a reference and guide in their homes.

Upon completing the workshop, parents will take with them effective, practical tools and sensory strategies they will be able to use in their homes so they can do what they do best—help and love the children they raise.



Length of Workshop

This is an 8 hour workshop that can be divided in one or two hour modules on request.

A standard or customized workshop schedule is available on request.

Contact Information

Miriam Manela, OTR at Thrive Occupational Therapy

68 Ascension Street, Passaic, NJ 07055

Phone: 917-573-5540

Email: Miriam@otthrive.com

Website: Otthrive.com



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