

## **Workshops for Parents and Guardians:**

**“Baby Brains”** (This workshop may be adjusted to fit the following formats: 2 Hour or **Half Day/3 Hour**. Conference format: 1 or **2 Hours**) The most important time in a human beings life is from birth to age five. This critical brain development period is greatly influenced by its environment. Developing an enriched environment will optimize learning and healthy brain development. This class is designed for parents, teachers, grandparents and anyone interested in Early Childhood Development.

Essential Questions:

- *“What is happening to my child’s brain from birth to age 5?”*
- *“What can I do to enhance my child’s learning?”*
- *“Why are the ‘Terrible Twos’ so terrible!?”*
- *“Is it true that if I play Mozart my child will be smarter?”*
- *“What are The Windows of Opportunity and why is it so critical for parents to learn about them?”*
- *“What are some good resources I can turn to for additional information on Early Childhood Development and parenting?”*



**“How Children Learn”** (This workshop may be adjusted to fit the following formats: 2 Hours or **Half Day**. Conference format: 1 or **2 Hours**) It’s important to understand how the brain works and thus, *how children learn*. As children get older, parents need to understand the natural growth and development that is taking place, especially when it comes to brain development and learning. Based on the latest neurological research, Dr. Whitaker will present ideas how to enhance learning and explain why kids behave the way they do!

Essential Questions:

- *“How can I help my child study better?”*
- *“What are the five domains of Emotional Intelligence? Why is it important to understand each of these and how they relate to emotional maturity?”*
- *“What effect does playing video games have on the brain?”*
- *“What can I do to enhance my child’s learning?”*
- *“What are some good resources I can turn to for additional information on Child Development and parenting?”*



***“The Adolescent Brain, or, ‘My Kids is Driving Me Nuts! Will I Every Live Through This?’”*** (This workshop may be adjusted to fit the following formats: 2 Hours or **Half Day**. Conference format: 1 or **2 Hours**) The body is rapidly changing as students enter their adolescent years. This workshop explains why teenagers behave they way they do. Parents learn about the different lobes of the brain and their functions. Since the Frontal Lobes are not fully developed until the early twenties, parents need to understand the importance of a developing a healthy amygdala. Emotion plays a critical role in learning. Parents will also have a better understanding of their child’s changing relationship with the opposite sex..

Essential Questions:

- *“I can’t even talk to my teenager! He’s driving me nuts! What happened to my sweet little boy?”*
- *“How does dopamine (a natural chemical in the brain) affect the brain and learning?”*
- *“What affect does peer pressure have on learning and brain development?”*
- *“Why is my kid so emotional?”*
- *“When a concept and emotion struggle, emotion will always win. Explain an experience you have had where this is proven to be true.”*
- *“Since the frontal lobes do not develop until the early 20s, teenagers activate their amygdala in emergency situations. What role does this play in the life of a 16 year old driver?”*



***“Understanding Different Teaching Styles ”*** (This workshop may be adjusted to fit the following formats: **2 Hours** or Half Day. Conference format: **1** or 2 Hours) Based on the latest neurological research and best practices, parents learn Whitaker’s *Starfish Strategies*. It is also important for parents to understand their child’s learning style. Dr. Whitaker will explain the major learning styles and then parents will be able to identify which ones fits their child(ren)’s learning style the best.

Essential Questions:

- *“There are numerous teaching styles. Why is it important for parents to understand what they are and how will knowing this help their children become better learners?”*
- *“List three teaching styles that are the most effective and three that are least effective for your child(ren)’s personal learning style.*
- *“What can you do when the instructor’s teaching style does not match your child(ren)’s learning style?”*



***“What are the Effects of the Media and Technology on the Brain?”*** (This workshop may be adjusted to fit the following formats: 2 Hours or **Half Day**. Conference format: 1, 2 or **3 Hours**.) This workshop is designed to explain how media and technology are affecting the brain. Violence is on a rise in our society. It’s a mental health issue that needs to be addressed. Based on the latest neurological research, the participants will have concrete data showing that the use of technology is greatly affecting the brain and changing the way we think and learn. “The brain becomes what the brain does.” It’s important to understand that the more risk factors an individual is exposed to, the greater chance there is he/she may commit a violent act. The impact technology is having on the way we think and learn is changing at a very rapid rate. Educators and parents must be made aware of how to use technology to their advantage.

Essential Questions:

- *“Does the brain actually change after playing a violent video game?”*
- *“Why do certain games affect some adolescents and not others?”*
- *“What can parents do to protect their children from negative influence of video games and the media?”*
- *“How can technology enhance a child’s learning? What can we do as parents to increase these positive benefits?”*

