



## Elementary School Parent Programs

with



## Positive Parenthood

We are pleased to partner with **Chelsey Hauge-Zavaleta, PhD** from **Positive Parenthood** to offer this workshop series for parents. The workshop is presented as a five-week series in one-hour sessions.

### **The 5 Ps: Transform Your Family Through Research, Relationship, & the Soul Shoppe Tools**

This series explores Positive Parenthood's 5 core concepts – the 5 Ps: Praise/Presence, Positive Language & Framing, Position, Pacing, & Planning. Participants will learn to evaluate challenges at home within this framework, as well as how to use Soul Shoppe language & tools within this frame.

#### **In this 5-part series we will:**

- Support parents navigating the overwhelming requirements of work, family, and more.
- Explore research on parenting topics ranging from getting kids to listen to easing anxiety.
- Discuss what it means to prioritize social emotional well-being at home.
- Learn relationship-based techniques that parallel the Soul Shoppe tools for supporting children that are informed by research and time.

#### **Every participant will:**

- Explore their own child's profile, and consider which parenting tools make the most sense given their child's profile and the context.
- Develop their capacity to reflect on challenging moments and make a plan for the future, incorporating relationship based tools that support cooperation.



#### **Chelsey Hauge-Zavaleta, PhD**

Chelsey Hauge-Zavaleta's work translates research on co-regulation, relationship based parenting, neuroscience, and education into tools and practices that families can put into place everyday. This workshop braids together children's experiences of social emotional learning and Soul Shoppe with what it means to raise empathic young people who stand up for themselves and others and can navigate complex social emotional and academic terrains.

**Contact us to schedule your workshop!**  
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