



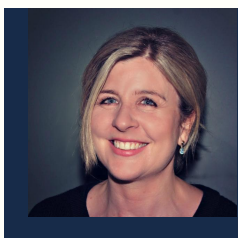
# Let's Talk ...

Your questions answered. A heartfelt, practical Q & A about common parenting challenges.

Parenting can be the toughest and the best all in the same ten minutes. As isolating as it can feel at times, there is not a challenge we will ever face as parents that many others have not also faced. When we tap into our common humanity and talk about our shared experiences, there will be wisdom and comfort waiting there. This can take us back to our parenting heart, and open the way to being the parents we want to be, and our children need us to be.

This presentation will be shaped by collected or commonly asked questions. It can be adapted for parents of very young children, primary school children and adolescents, or it can cover different topics that are relevant to all ages of children. Common topics include:

- My child throws tantrums like she was born for the role - is this normal, and what should I do?
- Do time-outs work?
- How can I help my child/teen build self-control and emotional control?
- My child erupts whenever he hears 'no'. How do I deal with this?
- My children won't stop fighting with each other. What now?
- Drop-offs are really distressing. How can I help my child feel okay about separating?
- My partner and I have different parenting styles. How do we navigate this?
- How can I help my child get to sleep and stay asleep?
- What's the deal with screen time?
- My adolescent is going to parties where there is alcohol. What should I do?
- Why is my child telling lies? How can I stop this?
- How can I have a stronger relationship with my teen so I am the one he comes to?
- My relationship with my teen doesn't feel as strong as it used to. How can I change that?
- How can I help my child or teen through anxiety?
- How can I talk to my child or teen about drugs and addiction?



## About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety, and build courage and resilience.