

Alyson Schäfer

"Principles, rules and tools for parenting" ●●●

"Democratic Parenting 101"

This talk addresses the questions of why parenting is so difficult today. I offer a new way to think about our roles as parents, highlight the fundamental "do's and don'ts of parenting" and offer some sound advice for issues that parents can apply immediately.

"Why Do My Children Keep Doing That?"

This session is very interactive in style. Using different types of hats as metaphors for the reasons children misbehave, parents and teachers are taught how to crack the code of their children's misbehaviour and come to an understanding of:

- the child's hidden motivation
- the child's "true belief" that is being expressed
- the way parents and teachers unknowingly react in ways that maintain or worsen the misbehaviour

This workshop is always popular as parents and teachers see children in a much more positive and encouraging manner. Time is spent offering solutions that can be implemented immediately both at home and school.

A hand out will be provided.

"The 4 Crucial C's Every Child Must Have to Succeed"

This lecture expands on the idea that:

"Children everywhere have the same basic needs that must be fulfilled in order to develop a positive self-esteem and to build relationships that are cooperative, caring, and respectful. Fulfilling these needs creates the foundations for constructive social living and mental well-being." (and scholastic success)

Every Child Needs To:

CONNECT - I need to believe I have a place - that I belong.

CAPABLE - I need to believe I can do it!

COUNT - I need to believe I can make a difference.

COURAGE - I need to believe I can handle what comes.

Concrete examples are given of how parents and teachers can insure that children are getting their Crucial C's at home and school, along with ideas and tips to help implement them immediately. Impact on scholastic achievement will be addressed.

A hand-out will be provided and books on the topic (one geared to teachers, another to parents) will be available for purchase after the lecture.

"Principles, Rules and Tools for Dealing with Sibling Rivalry"

This presentation will discuss the special relationship that siblings have and the underlying dynamics that can fuel the fights between them. Parents will learn ways to diminish rather than intensify competition and rivalry and move towards more harmonious and loving relationships within the family.

“Power Struggles: Who is in charge here anyway?”

A presentation that will shed light on why parents and children lock horns in power struggles! Parents will learn ways to move from a win / lose conflict situation to one of cooperation and problem solving. Specific skills will be introduced.

A question and answer period will follow each presentation.

Other custom topics can be created on request and for an additional fee.

About Alyson Schäfer



Alyson Schäfer brings the age-old topic of parenting to a new world of educated, motivated, and enlightened parents and educators. Alyson offers "principles, rules and tools" for building democratic parenting practices in any family.

Alyson is a member of the North American Society of Adlerian Psychology (NASAP), and the Ontario Association of Consultants, Counsellors, Psychometrics and Psychotherapists (OACCPP). She worked collaboratively with the Adler School of Professional Coaching in the promotion and development of their Parent Coaching Certificate Program.

Alyson is the Adlerian consultant to The North Toronto Early Years Learning Centre and to Upper Canada Day Care Centers across York region. She also lectures on classroom management at University of Toronto - OISE and York University.

Alyson hosts parenting workshops throughout the year, and has her own private parent coaching practice.

She works as a co-therapist providing individual and family counseling at the Psychotherapy Institute of Toronto, an Adlerian based centre. She is a third generation Adlerian. Her father Richard Knight, and her grandmother Edith Dewey were co-founders of the Alfred Adler Institute of Ontario. Edith was also President of the Toronto Association of Individual Psychology.

The media often call on Alyson as a parenting expert and she is quoted in magazines such as Today's Parent, Canadian Family and Chatelaine. She has appeared on Toronto One / Discovery Network "Health on the Line" with Avery Haines, Roger's / OMNI show "Agenda" and several episodes of TVO's "Planet Parent".

Alyson holds an Honours Bachelor of Science - Kinesiology from the University of Waterloo and is a candidate for a Masters of Arts in Counselling Psychology.

As a former teacher and mother of two girls, aged 10 and 11, Alyson brings first hand experience and passion to her work. Her style is fast and witty - her information grounded in theory and research. Alyson always educates, inspires and entertains.

www.alyson.ca

Alyson Schäfer B.Sc. M.A. OACCPP
Parent Educator

What People Are Saying

Here are just a few of the comments Alyson has received from past course attendees she's influenced...

"As far as I am concerned you have found your calling. You have a gift for facilitating and teaching. You have been a very positive force in my family"

"It was a fabulous night – thank you!"

"Very charismatic speaker - thank you!"

"I loved and enjoyed your enthusiasm, humour, and insight into parenting – thank you!"

"You were very focused – Great! You know your stuff. You speak about children compassionately – thanx."

"I really enjoyed the time spent taking the course. Your style is terrific. It is very fortunate that this course is available to needy parents. Thanks for your excellent knowledge and leadership."

"Excellent! Informative! I'd recommend this course to every parent!"

"Alyson – I found you a very stimulating speaker & enjoyed the course. It opened my eyes to situations not just with parenting but with life situations. I wouldn't mind a Part 2."

"You're a great teacher"

"Alyson – I wanted to thank you so much for the many enjoyable and informative sessions."

Your ability to get me thinking is like a lightening bolt through my system. I am not exaggerating when I tell you that my attending your sessions, though few in number, has turned our home life around and helped me to respect myself and in turn my family members."

"This was an excellent course that left me feeling suitably grounded in theory, yet provided me with a toolkit of practical ideas."

"We met Alyson at an Introduction Parenting Course and she has changed our lives. She has given us a very good understanding about strategies to help win the cooperation of our children. The course left us in awe as its content was so rich. We then started coaching with Alyson and she helped us deal with particular parenting issues...our time with her was very rewarding."

"Thanks very much, Alyson! We are going to miss our weekly "hit" of parenting wisdom."

"Fantastic course – I loved it!"

"Alyson - your teaching style is dynamic, entertaining and informative. Most nights before the class I felt tired etc. But once I got to class, I was revitalized! After class I was glad I came and learned something new."

"This course was excellent. It taught me how to be a better parent. I would recommend this course to anyone."