
RAISING KIDS TODAY IS HARD— WE'RE HERE TO HELP

Parenting
Workshops
For
Better
Work–Life
Balance



The Macaulay
Child Development
Centre



United Way
Toronto & York Region

SOME OF OUR SESSION TOPICS

PRACTICAL PARENTING

Recent research about children and temperament has given families a new way to think about how our children learn. Macaulay experts will introduce the idea of temperament and how understanding a child's temperament can help them learn better.

HOW DO I GET MY CHILD TO LISTEN?

In this session, Macaulay's child development expert will introduce practical child guidance strategies for school-age children. You'll gain practical tips on how to de-escalate emotional situations and problem solve together with your child to find mutually agreeable solutions for everyday challenges.

RESILIENT THINKING

Research has shown that parents have a profound influence on children's brain development. Macaulay's child development expert will explore the concept of resilient thinking and provide concrete strategies you can use in your everyday interactions to help your kids build healthy thinking habits and flexible minds for a successful future.

DIGITAL FAMILY

In the age of 24-hour screens, how can we help manage our children's exposure to technology? Macaulay experts will lead a lively and informative discussion on digital connectivity with strategies for families and answers to commonly asked questions and concerns.

At the Macaulay Child Development Centre, we've spent years dedicated to nurturing children and families, and have developed our parenting workshops to provide working parents with practical tools to help foster positive family relationships. As a not-for-profit organization with roots in early learning and child development, we know first-hand the diverse needs of today's parents—and we understand that a healthy home life is directly linked to success in the workplace.

Whether it's navigating ways to raise children in the digital age or looking for tips to encourage listening and cooperation skills, our sessions are tailored to address real issues facing today's parents, and are based on the best evidence and research available in the field of healthy child development.

WHO IS ELIGIBLE TO ATTEND?

Any employee who is a parent of a child aged 0–12 or any employee who is interested in learning about child development would benefit from attending our workshops. To maximize engagement (and depending on available space), sessions are usually limited to 20–40 participants; participation by teleconference is available for employees who work remotely.

HOW MUCH DOES IT COST?

Sessions start at \$2,500.

HOW LONG ARE SESSIONS?

Sessions are scheduled to take one hour, broken down as follows:

- ▶ 10-minute introduction to Macaulay Child Development Centre
- ▶ 30–40-minute presentation by a Macaulay child development expert
- ▶ 10-minute question and answer period

All of our sessions are interactive and informative, developed from hands-on engagement with children and families in our community, and rooted in communication and respect. Employees will be given practical tools to help nurture the families they work hard to support, making days at the office less stressful and more manageable—because happiness starts at home.



ABOUT MACAULAY CHILD DEVELOPMENT CENTRE

With over 80 years of hands-on experience, we understand parenting in a real way, informed by the latest research in the field of child development. All of our sessions are taught by Macaulay professionals, ensuring positive strategies and benefits for everyone involved.

Learn more at: macaulaycentre.org