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Presentations and workshops can be tailored to a group's interest or requirements.

A Million Little Moments

This seminar provides examples of how social coaching works in real life scenarios. The names are changed but the successful moments are real. Seminar attendees will gain a thorough knowledge of the strategies used to help kids regulate emotions and interact with others to form friendships.

Behavior: The Language of Children

Children communicate to us through their behavior. Young children especially are limited in their words and abilities to express their feelings. Behavior problems may occur when we misunderstand what a child is trying to tell us. Parents may find themselves continuously disciplining the same behaviors and wondering why their child keeps repeating these behaviors. This workshop will help parents “get under” the behavior and discover what it is your child is trying to tell you and give you simple, yet effective tools for managing behavior issues. We'll explore the role of development, how to “read” your child's temperament and share strategies to assist parents in better understanding the “language of behavior.”

Behavior Begins With Respect

Respect is a two-way street. In respecting children, their feelings and opinions, we model for them how to respect ours. This workshop will focus on helping parents teach their children respectful ways to interact with others and how to advocate for respect for their family and special needs child from the greater world.

Bullying & Teasing: Ending The Bullying Cycle

In this workshop, we'll look at the role each player has in the bullying circle: the bully, henchmen, supporters, passive supporters, disengaged onlookers, possible defenders and defenders. We'll discuss ways to help all children involved in the bullying circle. We'll discuss reasons why some children present a greater target for bullies and how to help personally empower kids to stick up for themselves as well as what can be done to help a bully change his/her behavior.

Emotionally Challenging Children: What To Look For & How To Help

A workshop for early childhood educators focused on potential challenges that a child has that may be contributing to disruptive behavior in their pre-school or daycare. We'll explore possible signs of Sensory Integration Dysfunction, Anxiety, Attentional Challenges, Mood Challenges, Autism Spectrum Disorders and more. We'll discuss how to raise concerns with parents as well as strategies to manage children who struggle with these issues in the classroom.

FOCUS: Facing Organizational Challenges Using Strategies

Many parents find the task of helping their child overcome organizational challenges, homework struggles and procrastination on on-going daily battle. In this workshop, we'll discuss strategies for giving your child tools for organization, ways that school and home can work together and the push versus pull methods of helping children accomplish tasks and schoolwork.

Friendship & Social Coaching: Helping Kids Make & Keep Friends

This workshop for parents explores the barriers to friendship that may be preventing their child from having positive peer relationships. We'll explore how to help your child recognize and overcome these barriers, the important role that parents play in social coaching for their child and how to teach your child social independence.

Help Me Get My Mom Off My Back: Organization & Time Management Tricks For Teens

In this workshop geared for high school age teens, we'll take a look at the benefits to teens for being organized (more time for your friends or computer) and tricks and tips for organization and time management. We'll look at why people procrastinate, why the "push" method that parents often use to get their teens motivated doesn't work and that there are only two things to organize: time and stuff.

It's A Jungle (Gym) Out There: Tips for Managing Behavior For School Helpers

Recess aides, lunch aids, bus drivers and other helpers at school are faced with challenging behaviors during the course of a school day. In this workshop specifically for the school "helpers" we'll discuss the different reasons that kids misbehave, how to manage those behaviors effectively and to build mutual respect between adults and children at school.

Parenting Is Not Easy: Tips for Managing Anger In Families

A workshop focused on anger management for families. During this workshop, parents will gain a better understanding of anger and uncover the patterns of anger in their own home. Families will learn the anger rules, strategies to manage anger, communicate rather than retaliate and develop more positive methods of interaction and discipline.

Parenting Tech Savvy Teens

This seminar will discuss the challenges of parenting teens in today's 24-technology society, how to stay connected, and provide an understanding of why teens act the way they do. Parents will learn how online predators can locate their child online and preventative measures that can increase safety. Internet connection required.

Parenting Peter Pan - Understanding & Managing AD/HD In Children

This workshop for parents will provide a "soup to nuts" view of AD/HD. We'll look at the different variations of attentional issues, explore whether or not it could be something else. We'll talk about the facts and myths about AD/HD and the effect parenting an AD/HD child has on his or her parents. Treatment options will be discussed as well as providing straightforward strategies to help parents more effectively manage the impact that AD/HD has on their family.

It's Not Nice to Hit People: Understanding and Managing Aggression in Preschoolers

In this workshop, we'll discuss factors and facts about aggression in young children. We'll briefly discuss temperament and how parenting styles effect the way we handle aggression, and external factors contributing to aggressive behaviors. We'll explore the steps to managing aggression in children as well as strategies to help your child not become a victim of aggression.

Siblings Have Special Needs Too

A trained sibling workshop facilitator (Sibshop or Moon Balloon), will explore how parents can improve relationships among siblings. The seminar includes discussion about the importance of sibling relationships, the sibling's inner struggle: compassion vs. conflict, and advice on how to nurture positive sibling relationships.

Summer Fun & Friendships: Maintaining the Connection

The summer months can be long and difficult for kids who have difficulty socially. Parents can do much to support friendships that were made during the school year and even find some new buddies during the summer vacation. This seminar will provide many tips and social opportunity ideas.

Understanding How People with Social Challenges Manage the World

The college experience can be overwhelming for most young adults but added issues arise when the new college student has social challenges. This seminar address how to coach students to help with executive functioning, anxiety, sensory, hygiene, levels of friendship, conversation skills, brain filtering, rating problems and problem solving. This seminar has been appreciated by learning center support staff at the collegiate level.

Morning Madness & Bedtime Blues: Strategies for Common Childhood Challenges

This workshop focuses on building parents "tool kit" to creatively manage common childhood behavior issues. We will discuss parenting styles and their effect on behavior and communicating with children. We will talk about discipline as an educational tool, choosing battles and how to avoid behavior issues. Parents will learn strategies for helping children with transitions (particularly in the morning and at bedtime), managing tantrums and defiant behaviors, and dealing with children's fears and helping kids with homework.

Parenting The Anxious Child

Anxiety in children can often present itself as behavior problems. This workshop will explore anxiety in children and its impact on behavior. Parents will learn how to recognize anxiety, the questions to ask and strategies to help their child manage their worries. We'll discuss the challenges of anxious children including rigid thinking, the need to control their environment and perfectionism.

Shshh!...This Is The Library: How to Help Clients Manage Challenging Public Behaviors

Quite often employees of public places experience the need to service clients that may exhibit challenging behaviors. In this workshop, we'll discuss how to look beyond the actual behavior to what need the client may have that can be addressed and tips and tricks to help defuse client behaviors or challenging situations.

Surviving Adolescents: Outwit, Outplay, Outlast! And The ABC's of Parenting Adolescents

In these workshops on adolescents, we will explore adolescent development and how this exciting, yet sometimes excruciating, process of growing up can impact family life. Surviving Adolescents will explore why teens become "allergic" to their parents and how boys and girls journey through adolescence in similar and different ways. We will talk about how to gain respect from your teen, strategies for parenting a teen as opposed to a younger child and how to avoid the traps our teens set for us and the ones we set for ourselves to establish a healthy relationship with our adolescents. The ABC's workshop focuses in depth on Collaborative Problem Solving with teens and easy, quick "catch phrases" that parents can use to communicate with their teen as well as hints from teens themselves on how to parent them.

Social Advocacy: Handling the Greater Social World

The seminar discusses the how parental interactions with family, educators and community members can enhance the social lives of children. Issues that families face daily regarding disclosure, inappropriate interactions, extended family, and community, parenting pitfalls and how to develop personal power and self-esteem will be discussed.