



Topics for The Zubin Foundation's Parenting Workshops for Ethnic Minorities

1. Workshops on Attention Deficit Hyperactivity Disorder (ADHD)

- a. Understand ADHD
- b. Where ADHD is in the body and how it affects the child
- c. Specific difficulties the child is experiencing if they have short attention spans and are too hyper
- d. Learn skills to improve their child's behaviors at home through various routines, the praise and reward system, and games
- e. Parents will be invited to participate in group discussions

2. Workshops on Autism

- a. Understand autism
- b. Learn about the common behaviors of children with autistic features
- c. Learn various techniques such as words and actions to communicate more effectively with their children
- d. Learn interactive play skills to improve the child's social skills
- e. Learn creative ways of modelling behaviors to introduce new activities, particularly to encourage children to try different foods
- f. Parents will be invited to participate in group discussions

3. The ABCs of parenting – Attention, Believing, Bonding & Communication

- a. Mindful listening
- b. Introduction to methods of believing and bonding with their children
- c. Learn fun ways of communicating with their children
- d. Participate in a surprise experiment
- e. Parents will be invited to participate in group discussions

4. Helping Parents Understand Healthy Boundaries

- a. Understand the meaning of a boundary
- b. Learn tips for drawing a healthy boundary
- c. Learn the importance of a boundary
- d. Learn fun ways of teaching children about values, independence, rewards, consequences, empathy, and nurturing family relationships
- e. Parents will be invited to participate in role-play activities

5. The Three R's – Resilience, Relationships, and Reflection

- a. Introduction to the three R's
- b. Examples of the three R's to teach their children



- c. Learn helpful skills to teach children about gratitude
- d. Overall understanding of social and emotional well-being
- e. Parents will be invited to participate in group discussions

6. Parents' Stress Management

- a. Understand the effects of stress on the body and mind
- b. Learn stress management techniques
- c. Introduction to positive thinking
- d. Parent provided with positive affirmations
- e. Parents will be invited to participate in group discussions

For more information or to book a timeslot:

Contact Anky Chau at 2540 9588 to learn more if you are interested in having us run a workshop at your location.