

Descriptions of Talks and Workshops

Led by Dr. Brad Schwall

Contact Dr. Schwall for information on scheduling, fees, and other topic options:
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5 Discipline Mistakes Parents Make

What's your plan for discipline in your home? Learn mistakes parents often make when it comes to discipline and what to do instead.

5 Things Never to Say to Your Kids

Learn the top parenting clichés that we all try when desperate and what to say instead. You'll gain skills for communicating effectively with your children.

Respect Rules

What do you need to know to help your child be socially successful? Uncover myths about cliques, popularity, and verbal bullying and get tips for encouraging your children to give respect at home, play, and school.

Teaching Children the Other Three Rs: Respect, Responsibility, and Resilience

Practical tips for guiding behavior and helping children deal with emotions, treat others with respect, and fulfill responsibilities.

The Helpful Parent VS The Helicopter Parent

What is considered smothering and what is considered absent parenting when it comes to parenting pre-teens and teens? From homework to college applications, how involved do we get? What are our responsibilities and what are there's? Practical tips for knowing when to step in, when to set limits, when to step back, and when to let natural consequences occur.

Parenting Preschoolers

The preschool years are challenging and important. Tips for handling common challenges of parenting preschoolers from tantrums to trouble sharing.

The Teenage Brain and You

What makes your pre-teen and teen click? Understanding adolescence and the development of the brain goes a long way toward helping you maintain your peace of mind and know how you can effectively guide your child. Dr. Schwall and a team of experts from the Pastoral Counseling Center will share the latest research and practical tips for parenting pre-teens and teens. They will cover how to handle issues such as:

- Peer relationship choices
- Body image
- Organization and time management
- Substance use
- Dating
- Motivation

Cool Kids Workshops for Students or Students and Parents

Dr. Schwall leads interactive Cool Kids lessons for students that include video and student participation during the school day for assemblies. Dr. Schwall also leads Cool Kids lessons for parents and students together at PTA events and includes tips for the parents in the presentation.

School Staff Development **Guiding Behavior in the Classroom**

Learn practical tips for encouraging positive behavior.

The Impact of Social and Emotional Intelligence on Academics

Learn about the latest research into how social and emotional skills benefit children academically and behaviorally and how you can encourage the development of social and emotional intelligence in the classroom.

Talks for Mentors

Helping Children Develop Social and Emotional Intelligence through the Mentoring Relationship

Children face many social and emotional challenges every day at home, play, and school, such as strong feelings, bullying, disagreements, and peer pressure. Developing social and emotional intelligence is important for children as they grow as well as adults. Mentors have the perfect opportunity to begin conversations with their children that show care, give the children confidence, and help them think of ways to face social and emotional challenges with good choices and resilience.

Research shows that social and emotional learning benefits children socially, emotionally, behaviorally, and academically. Learn about the latest research into social and emotional learning and practical tips for encouraging the development of social and emotional intelligence in the mentoring hour and in your mentoring programs.

This workshop will provide participants with:

- Definitions of the key social and emotional skills that students need for social and emotional health
- Tips for helping children handle feelings and problem-solve

Participants will receive Ideas for addressing the following issues:

- Respecting Peers
- Getting Work Done
- Being Confident
- Dealing with Feeling Mad
- Dealing with Disagreements
- Showing Care
- Being Honest
- Building Strong Families
- Making Good Choices
- Taking Tests
- Following Directions
- Setting Goals – college and career awareness
- Preventing Substance Abuse
- Dealing with Sadness
- Listening
- Dealing with Bullying
- Respecting Differences