



1 for 1 - Quick videos answers to common questions - *Listen or Watch & Learn*



Our experts have been asked a lot of questions over the years. We boiled down the one thing our team felt would make the biggest impact for you, on one issue./one solution. Watch a Flash Class Video (15 min+/-) or listen to it like a podcast. Download the helpful handouts too. Here are your classes - all are available in either English or Spanish. Click on the title and log into your Parent Center to get started

Positive Connections for More Cooperation (Teens)

We all want a strong, positive relationship with your teens. But sometimes, it can feel difficult to get there. This quick class will help you apply some easy steps to strengthen your parent-teen relationship in ways that will win more cooperation from your teen at the same time.

Talking to Teens - Communication for Connection: Part 1

It really helps when you understand the changes in your teen's brain that causes them to argue or withdraw more than they ever did. This class will help you recognize those brain changes and avoid common roadblocks to really connecting with your teen.

Talking to Teens - Communication for Connection: Part 2

Do you sometimes end up arguing with your teen when you are just trying to help? Trying to fix our teens' problems can get us into real difficulties. In this session you will learn how to step back and support your teen to become a powerful problem solver without giving unwanted advice.

Use Effective Feedback to Support Courage and Confidence

Gifted students sometimes believe they should only do things at which they are excellent. They may not want to try new experiences or feel crushed when they don't excel. These ways of thinking can limit kids from reaching their full potential. This class will give you simple tools to strengthen your child's courage and confidence

Growth Thinking and Self-Worth

You may not realize that the messages you are sending about your own confidence and well-being affect the teens you are raising. This class will help you think about your own self-esteem and that of your child. Learn about how your self-talk and the feedback language you use with your child can increase positive ways of seeing the world.

10 Steps to Strengthen Your Parent-Child Relationship

Have you gotten into a rut with your child and just falling into arguments on a regular basis? This quick communication check-up will help you notice any ways you might be adding to the problem, even though it may seem like it is all about your tween or teen.



Stress Reduction for Youth and Parents

Everyone encounters stress and it can actually be good for our bodies and brains—if we know how to cope with it. Learn practical techniques to reduce your stress and help your teen reduce theirs, in the moment and over the long term.

Support the Social Emotional Health of Gifted Teen Students

Many parents and educators assume that gifted students are more capable than their peers of handling social emotional challenges. However, gifted students actually struggle with anxiety, depression, and social difficulties at higher rates. This class will help you gain practical skills in supporting your child's social emotional health.

Less Conflict, More Solutions

You've probably experienced some difficulty that's led to an argument with your teen. Whether the conflict lasts a moment or a month, it can leave parent and child feeling hurt or frustrated or both. Learn how to work together with your child to find solutions to conflict, which will strengthen your relationship.

Tweens and Teens: Plan for Independence – Part 1

We all want our kids to grow up to be capable, competent people who can find their own way in the world. But the steps to getting there can seem daunting. This class will help you look at how brain changes affect kids' decision making, the “risks” to kids as they gain independence and the problem with restricting them too much.

Tweens and Teens: Plan for Independence – Part 2

Making plans with teens to try doing things on their own can help them succeed. Working together on independence can also put your mind a little more at ease. You will learn 7 practical and effective steps to teach and support independence in your teens.

How to Get Your Teen to Behave Well and Listen

Parents often think that if you figure out which punishment will make your child miserable enough, they will then cooperate. You may be surprised to learn that research has shown that this is a myth. This class will help you gain 5 practical strategies to inspire better behavior in your tween or teen.

Stress, The Brain, and Emotional Well-being in your Teen

When youth understand how their brain works and what they can do to strengthen brain health, their social emotional well-being and motivation to learn increases. In this session, you will learn about how stress affects the brain. You will understand the relationship between brain functions and how well we can manage emotions, which affects both academics and overall well-being.