



NURTURING PARENT AND CAREGIVER SEL ONLINE WORKSHOP SERIES

The Institute for Social and Emotional Learning

www.InstituteforSEL.net

NURTURING PARENT AND CAREGIVER SEL

ONLINE WORKSHOP SERIES

AVAILABLE FOR YOUR PARENT AND CAREGIVER COMMUNITY

Parents and caregivers play an essential and vital role in nurturing a Whole-Community Approach to Social and Emotional Learning. In partnering with our parent communities in deep and sustained ways, we can support parent wellbeing and connection, reinforce the SEL skills being taught at school, and build a shared understanding of the social and emotional development of children and young people.

To support the work schools are already doing to activate SEL across their communities, IFSEL has developed a Series of online Workshops for parents. The Series offers parents the chance to come together to uncover both a shared understanding and a range of practical tools and insights to bring SEL alive at home.

The Series comprises one 35-minute recorded, asynchronous introductory Workshop and three 90-minute, synchronous themed Workshops. This allows parents and caregivers to watch the recorded introduction and then ‘drop-in’ to any of the themed Workshops. Each themed Workshop is therefore effectively a stand-alone experience, but collectively the Series offers a deep and renewing experience.

RECORDED, ASYNCHONOUS, INTRODUCTORY WORKSHOP

This short, recorded session is a recommended prerequisite for any of the themed Workshops. The purpose of this Workshop is to introduce IFSEL and our framework, to give some context around SEL language and research, and to give an overview of our work with your school.

THEMED, SYNCHRONOUS, WORKSHOPS

These sessions can be offered as one group for K-12 Parents, or parents can be split into groups by division.

- **Big Moments: Bringing Calm when Emotions Run High**
This session offers parents an opportunity to reflect on the full range of emotions that parents and children might experience, particularly during this pandemic. We will offer a framework and practical strategies for managing and regulating our own emotions as well as coaching our children to better manage theirs.
- **Communication and Conflict: Building and Repairing Relationships and Getting to Peace**
This session offers parents practical tools to build and maintain positive approaches to communication within the family, and explores ways to repair and heal relationships when conflict arises or communication falters. We will focus on active and reflective

listening, styles of communication, and practices for conflict transformation.

- **The Open Session for Parents: Facilitated Peer-to-Peer support**

This session utilizes The Open Session format to bring connection and support to parents. Parents will anonymously share dilemmas, decisions, or concerns they are facing, and IFSEL team members facilitate peer-to-peer sharing of support, clarification and wisdom. Concurrent sessions can be offered for ESH/ES and MS/HS parents.

DETAILS AND WHAT'S INCLUDED

- IFSEL coordinates the sign-up process for parents and caregivers and hosts the workshop on our Zoom account.
- All themed Workshops are recorded for schools to share with parents who can not attend live.
- Each school community also receives link to a comprehensive google doc with resources to support the Workshop Series.

**FOR MORE INFORMATION ON SCHEDULING
THIS WORKSHOP SERIES FOR YOUR SCHOOL,
PLEASE EMAIL admin@instituteforsel.net**