



Sarah Rosensweet

peaceful parenting

COACH, EDUCATOR AND SPEAKER

SPEAKING TOPICS:

- How To Raise Gritty Kids
- How To Manage Stress at Home: Your Child's and Yours
- Hold On and Let Go: Parenting Your Tween
(Don't see your topic? ask Sarah about other possibilities!)



"Thank you! This was by far the best parenting talk I have ever heard."
- Julie, South Leaside Moms Group

HOW TO RAISE GRITTY KIDS

Do you worry that your child gives up too easily or doesn't know how to work toward a goal? We want our children to have the tenacity and passion to work hard to reach their goals and to feel good about themselves and their lives while doing it. This concept is captured by the old-fashioned word 'grit.'

Today we recognize that grit - the resilience to recover after setbacks, difficult situations or disappointments - is a major factor in a child's success at school and a predictor of a happy and productive life.

But how do kids develop resilience? It requires more than letting them experience failure, although that's part of it. As parents we play a crucial role: to support our children, so that they can grow and thrive in the face of life's challenges.

In this interactive talk with parenting expert Sarah Rosensweet, you will learn about resilience, why it's important, and how children develop 'grit'. We will cover specific ways that you can support your child to foster resilience and the common mistakes that well-meaning parents make that hamper the development of grit.

HOW TO MANAGE STRESS AT HOME: YOUR CHILD'S AND YOUR OWN

Homework and school challenges, friend troubles, anxiety and worries: unfortunately, stress in our children's lives is all too real and common. Sometimes stress levels can feel unmanageable. Parents struggle to help their children deal with this stress while regulating their own stress levels.

Stress is practically unavoidable in our modern world. It can affect our lives in very negative ways: by damaging our physical and mental health, making life much harder than it needs to be.

Parents need strategies to help their children manage stress and develop emotionally healthy resilience. Parents also need to understand and manage their emotions and reactions in the face of their children's stress.

In this interactive talk with parenting expert Sarah Rosensweet, you will learn how to help your child manage stress, the importance of parental self-regulation, and how to manage your own stress levels. You will leave with the specific practices and know-how you need to support your child (and yourself) in stressful periods or situations.

HOLD ON AND LET GO: PARENTING YOUR TWEEN

The tween years: forget the terrible twos, the tween years can be the hardest you face as a parent. Not only is your child experiencing the physical upheaval of pre-puberty or puberty, their brain is rewiring itself, which can cause emotional upheaval. And amid all of this, your child is undergoing an appropriate developmental necessity and separating from you. You will both experience growing pains.

Tweens want more freedom and larger boundaries in life. To keep them safe and influence them to make good choices, we need stay close to our tweens while they are beginning to move away from us. To navigate this stage and prepare for the teenage years just around the corner, we need to parent for both connection and independence. We have to both hold and let go.

In this interactive talk with parenting expert Sarah Rosensweet, you will learn strategies for connecting with your tween and establishing more freedom and responsibility for them while maintaining appropriate limits. The teen years can be wonderful! This presentation will help you get started on the right track.

Talks are 1 hour, plus a Q&A

Contact Sarah:

647-861-8087

sarah@sarahrosensweet.com

Fees:

\$500 per talk

\$1250 for all three talks

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ABOUT SARAH

Sarah Rosensweet's practical, compassionate approach to parenting gives parents the support and strategies they need to enjoy their kids again! Sarah works with parents around the world one-on-one, teaches workshops and speaks around the Greater Toronto Area..

A mom of three big kids, Sarah teaches parents a non-punitive, connection-based approach that uses firm limits with lots of empathy. She works with parents of toddlers to tweens and offers solutions for real-life struggles, such as bedtime battles, picky eating, sibling rivalry, tantrums and power struggles. Parents who work with Sarah receive the resources and guidance they need to respond to their children with more patience and emotional generosity.

SARAH BELIEVES THAT:

- Our relationship with our children is the the most powerful way we can influence them.
- Children need kind firm limits and also the parental support necessary to meet our expectations.
- Peaceful parenting is the best way to raise children who are self-disciplined, emotionally resilient, and successful.

SARAH'S CLIENTS SAY...

"Your workshop has been life changing! I had no idea it would work as well as it did! You have given us strategies that make life and parenting fun again!"
- Amanda, mother

"Sarah Rosensweet is an engaging and informative speaker. She gave parents valuable information and practical tools to use in their in daily parenting life. Her talk inspired and supported the parents in our audience."
- Sperry Bilyea, Shift Your Thinking Education Summit



CREDENTIALS

- Parenting educator certified through **Attachment Parenting International**
- Peaceful Parenting coach certified through **Aha! Peaceful Parenting** by clinical psychologist Dr. Laura Markham.
- **More than 20 years of experience** working with families and children in early childhood education and schools.

ASK SARAH ABOUT

Interviews, speaking and workshop topics



Challenging children

Helping parents with children who are a little bit 'more.' More anxious, more spirited, more sensitive, or more strong-willed than the average child. Parents of these children often need extra support.

Parenting effectively without punishment

How to set limits with empathy and get your children to listen and cooperate without punishment.

Self regulation

Sarah's popular free e-course addresses a common issue for many parents. Sarah can speak to the reasons why parents yell, why it doesn't work and how to move past the habit into a healthier, easier way of communicating.

Managing stress and transitions

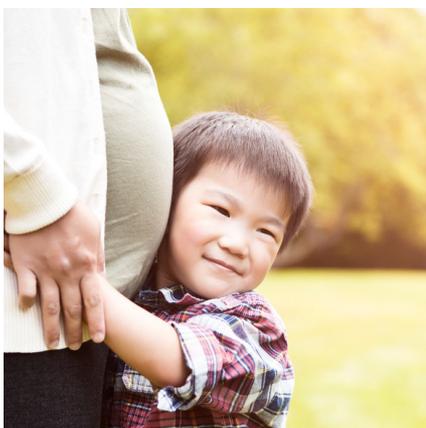
Learn how to best prepare children for big changes, like new siblings and starting school, Support them through difficulty at school and other sources of stress.

Difficult Behaviour

Sarah identifies what causes meltdowns and tantrums and teaches strategies for how to prevent them. Learn how to avoid power struggles with your children and what to do if you find yourself in one.

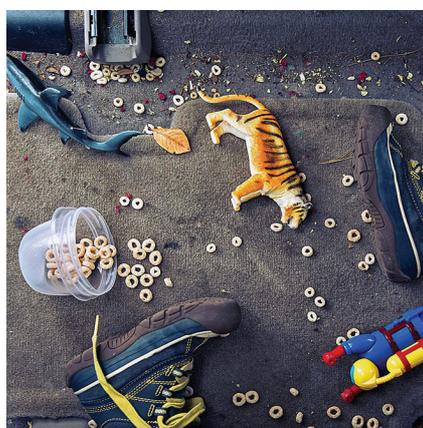


SARAH HAS BEEN FEATURED IN:



Mothering:

How to Prepare Your Child for a New Baby



Today's Parent:

5 Morning Routine Problems Solved



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