



Ready-made Parent Workshops

PowerPoints, Handouts, and Resources

Family and School Partnerships has presentation materials and handouts on the following topics in English and Spanish. FCPS personnel are welcome to use these materials. Contact: Ann Ulmschneider, Amulmschneid@fcps.edu, 703-204-4336

Home-School Connection

Helping Children with Homework

Help your children establish effective strategies for completing homework. Learn how temperament and learning styles influence study habits. Develop realistic limits and boundaries for getting homework done and employ strategies to avoid turning homework hassles into confrontations.

Enhancing Home and School Communication

Families and teachers who work together as partners ensure greater academic success for children. Gain strategies that foster understanding, positive communication, cooperation, and mutual respect between home and school.

Family Engagement Strategies for Busy Parents

Learn strategies for balancing the time you spend on work, home, leisure, and family activities. Find ways to support your children's education and fit parent involvement into your busy schedule.

Motivating Students to Succeed in School

Motivation comes from within a person, but parents can cultivate qualities that help children become motivated to learn, including a sense of self-worth and perseverance in the face of challenges. Identify ways to encourage these qualities in children. Topics include goal setting and positive self talk.

Motivating Students to Succeed in Elementary School
Motivating Students to Succeed in Middle School
Motivating Students to Succeed in High School

School Transitions

Learn ways to help ease the transition from one level of school to the next, while maintaining involvement, encouraging independence, and providing emotional support. Three different workshops are offered:

Starting Kindergarten
Making the Transition to Middle School
Making the Transition to High School

Structuring Your Home for School Success

Home support is crucial for children to learn. Discussion topics include establishing positive attitudes, fostering responsibility, managing time and resources, developing realistic expectations, and enhancing motivation and self-discipline.

Study Skills

Learn strategies to help children develop effective study skills for life-long learning. Topics include goal setting, time management, and study strategies.

Summer Learning at Home

Learning takes place all year long, not just during the school year. Identify ways to make summer productive, educational, and enjoyable. Help your children retain the information learned during the school year and arrive in September ready to learn and absorb new and challenging information.

Parenting Skills

Communicating with Children

Do you find it hard to carry on a simple conversation with your child? Positive family communication involves both talking and listening. Learn how to use effective communication skills to foster healthy self-expression, develop understanding, diffuse anger, and resolve conflict.

Practicing Positive Discipline

Learn age-appropriate limits for your children and get pointers on how to set and maintain them. Recognize the difference between discipline and punishment and the subsequent outcomes they generate. Strategies for encouraging positive behavior and discouraging negative behavior will be discussed.

Enhancing Self-Esteem

A parent's words and actions have great impact on how children view themselves. Learn ways to reinforce children's sense of competence and confidence through positive role modeling, effective communication, and realistic expectations, limits, and boundaries.

Raising Responsible Children

Learn ways to foster self-discipline, responsibility, and personal accountability in your children so they may become contributing members of the family and society.

Siblings Without Rivalry

Learn how to teach children the skills they need to get along together. Discussion topics include setting realistic expectations, engaging cooperation, responding to conflict, and understanding the difference between fairness and equality.

Resolving Conflicts in Families

Family conflict is inevitable: how it is dealt with determines whether it is constructive or destructive. Learn how to handle anger in the family, improve communication, and manage family conflicts in a way that promotes positive outcomes.

Parenting Challenges

Hurried Parent, Hurried Child

Explore how expectations of self, home, family, and career contribute to over-programming for our children and for us. Learn to recognize symptoms of individual and family stress and develop strategies for slowing down and reframing priorities.

The Pros and Cons of Peer Pressure

Peer groups play a very influential part in a young person's life. Learn ways to help your children recognize the positive and negative influences of peer groups, resist negative peer pressure, maintain a sense of self while being part of a group, and understand the harmful effects of bullying.

Raising Resilient Children

Resilient children are equipped to meet life's challenges and resist pressures to use tobacco, alcohol, and illegal drugs. Discussion topics include fostering resiliency, using family and cultural strengths, and accessing school and community resources.

Raising Nonviolent Children in a Violent World

How do children learn about violence, and how does it affect them? Topics include coping with violent media images, nurturing respect in children, and fostering nonviolence in the home.

Especially for Parents of Teens

Understanding Teen Behavior

Teens go through rapid brain development, but the development is uneven. Physical growth outpaces reasoning and impulse control. Learn why teens act the way they do and how to set reasonable expectations and encourage responsible behavior.

Communicating With Teens

Parents need to communicate with teens to find out what they are thinking, feeling, and experiencing. Learn how to listen reflectively to your teen and how to convey your message in ways that teens can hear.

Positive Discipline for Teens

Teens need guidance from parents even though they might resist. Topics include normal developmental challenges, the differences between discipline and punishment, setting limits, natural and logical consequences, and encouraging responsibility.

Other topics:

Making the Transition to Middle School

Making the Transition to High School (see page 1)

Motivating Students to Succeed in Middle School

Motivating Students to Succeed in High School (see page 1)