

PRE- CONFERENCE WORK SHOP – PEDICON 2010
ENHANCING PARENTING SKILLS -----
BE AN EFFECTIVE PARENT FOR THE ADOLESCENT

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PARENTING an Adolescent is becoming more challenging in this era of changing family structure, working parents, changing gender roles, lack of awareness and understanding, impact of media, lack of communication etc . There is **no formal training** on this very important life task. Even our medical training does not stress on this subject.

The workshop shall be highly interactive with role plays, brain storming sessions, case scenarios, dealing with day to day situations you face as a parent. Inputs from adolescent viewpoint....what they expect from parents shall also be brought out. The workshop empowers you with skills in dealing with the Adolescents as a parent and an Adolescent physician.

09:00 – 10:30 Session I - HANDLING RELATIONSHIPS

with parent / working parents / teachers

Peers

Marital relationship

Romantic relationship

10:30 – 11:00 Tea break

11:00 – 01:30 Session II - HANDLING SCHOLASTIC PROBLEMS

Challenges – ADHD, LD

Motivation skills

Study skills

Exam stress

01:30 – 02:30 Lunch

02:30 – 04:00 Session III – HANDLING INFLUENCE OF MEDIA

Internet - Pornography, Chat rooms, Net addiction, safety on net.

Advertisements – Fashion models – Eating disorders, body image

Alcohol / Tobacco, Print media

04:00 – 05:00 Session IV – POSITIVE DISCIPLINING OF AN ADOLESCENT

05:00 – 06:00 Wrap Up – Feed back / Open forum / Valedictory

Faculty:

**SHALL BE RENOWNED PERSONALITIES WORKING WITH ADOLESCENTS
AND ON PARENTING**

Kindly register early as **registrations are restricted to 50** on first come first served basis.