RAISING RESILIENT KIDS IN A CHALLENGING WORLD

A #LOOKFORWARD PARENT WORKSHOP

with Dr. Jenny T. Wang & Dr. Monica Mo

powered by RoC

#LOOKFORWARDPROJECT

Raising strong, independent children is a goal shared by many parents. However, in our quest to provide the best for our children, we may sometimes find ourselves overstepping boundaries and hindering their development. In this workshop, we'll explore the journey of raising resilient, independent children in today's complex world.

Discover the profound impact of allowing our children to navigate challenges and learn from their experiences. Through a compassionate lens, we'll delve into the delicate balance between providing support and fostering self-reliance.

Share a list of words or phrases that describes how you feel when you learn to 'let go' as a parent?

© 2024 SeekHer Foundation | seekher.org

RAISING RESILIENT KIDS IN A CHALLENGING WORLD

A #LOOKFORWARD PARENT WORKSHOP

with Dr. Jenny T. Wang & Dr. Monica Mo

Think about specific instances where you may have been overprotective. Were your fears based on reality, or were they exaggerated?

How do you respond to your child's failures and setbacks? How can you help them see these as opportunities for growth?

© 2024 SeekHer Foundation | seekher.org

RAISING RESILIENT KIDS IN A CHALLENGING WORLD

A #LOOKFORWARD PARENT WORKSHOP

with Dr. Jenny T. Wang & Dr. Monica Mo

When do you find yourself stepping in to solve problems for your child, even when they could handle it themselves? What are the underlying reasons for this need?

How can you offer emotional support and encouragement when your child is facing a challenge? What words of wisdom can you share to help them persevere?

© 2024 SeekHer Foundation | seekher.org