

## Dr. Joanne Stern's Presentation Topics

**D**rawing on examples from her book, *Parenting Is a Contact Sport*, Dr. Joanne Stern, mom and psychotherapist, gives practical advice on how to survive the rough and tumble of parenting, be an important advisor to your kids, and help them soar to meet their greatest potential. Joanne reveals the moving and personal stories of her own family and her psychotherapy clients to explain how to make “real” contact with your children—whether they are toddlers, teenagers or young adults—and to show how to nurture an open and trusting relationship that makes *you* the one your kids talk to and listen to most. It’s parenting advice for the real world where, let’s admit it, you can’t control every move your kids make or prevent mistakes or heartaches. But you *can* be the one who walks by their side, even during the tough times—by creating a connection that lasts for life.



### What It Really Means to Have a Good Relationship with Your Kids—and Why You Want to Have One

Learn how to make relationship building your primary goal as a parent—starting when they’re young—because that’s how you can help your kids become more confident, more caring, more open and more responsible. When your kids get older, that relationship will be firmly in place, rooted so deeply that nothing can undermine it, chip away at it or destroy it. It won’t prevent problems, but it will help your kids be more prepared to deal with whatever comes up. There are no how-to’s for every parenting dilemma, but a strong relationship is the bridge that allows you to stay in touch with the realities of your kids’ lives and walk by their side—even when you find yourself knee-deep in gritty issues, like sex and drugs. Your relationship will move you from doubt to confidence in getting through difficult situations with them at any age.

### The Greatest Gift You Can Give Your Kids—Communication

Discover four simple principles that will make it easier for you to talk with your children—and for them to talk with you. Communication is the bedrock of a healthy family, and it creates an unbreakable bond that gives you the opportunity to advise and counsel them, in every phase of their lives. It’s the glue that holds your family together. Even in anger and frustration, you can show them respect and dignity. Even during the rough times, you can listen to their feelings, hear them out and take them seriously. If you don’t, you risk turning off the spigot of communication that is the foundation for continued closeness.

*“ . . . On target in every way, with a message that is powerful and filled with practical things parents can take home and start doing immediately. Joanne’s message would be well received by parents, administrators, and teachers—it would be a powerful evening at any school gathering.”*

—**Patricia J. Thorpe, EdD** • Lead Faculty,  
University of Phoenix, Education,  
and former high school principal

*“ . . . Inspiring, informative, and entertaining. I learned some very practical things I can do to make my relationships with my children and grandchildren even better.”*

—**Terry Durham** • Parent and grandparent,  
Palos Verdes Estates, California

# Dr. Joanne Stern's Presentation Topics

## Effective Discipline Through Relationship—What Does It Mean and How Do You Do It?

Improve your skills for disciplining your children fairly, wisely and firmly—at every age—and learn a few simple rules that will guide your way. Here's the reality. Ultimately, you don't have power and control over your kids. When your kids are young, they do, indeed, obey out of blind submission. But when they get older, they figure it out. They realize that you simply can't walk by their side every single minute whispering instructions in their ears, forcing them to do it your way. That's when you need something better than a temporary illusion of power and control. If you stay connected with them and help them learn from their experiences, when they're young and even through the storms of adolescence, then even when you aren't there, they will use good judgment.

## Promoting Your Kids' Self-Esteem—How Important Is Your Role?

Find out how you can grow mutual trust and respect that improves your children's self-esteem and brings joy and laughter into your home. Since our children will perform based on how they *believe* they can perform, parents have the ongoing responsibility and exciting opportunity to help them shape that belief in themselves. But it takes intentionality and personal involvement. You see, parenting is a *contact sport*. You can't delegate it or do it from a distance. You have to be ready to roll up your sleeves and get your hands dirty. Our job as parents is to find out who our children really are (not who we would prefer them to be) and then spend the rest of their lives celebrating them.

## Sex, Drugs and Rock 'n' Roll—Will You Freak Out or Embrace It?

Develop your ability to talk with your kids about sex, drugs and alcohol—because they *will* talk with someone. Neither you nor your kids will be able to avoid these issues. They *do* come up in every family because peer pressure, hormones and natural curiosities are powerful driving forces during the adolescent and teen years. If you learn how to make these invited topics, not forbidden ones, you will have the greatest opportunity to influence your kids in positive ways. There are no magic bullets to prevent your kids from experimentation, but being informed, prepared and unafraid are the best ways to help guide them through the maze of decisions they will have to make.

**Presentations are 45 minutes to one hour including Q and A, but can be adjusted to fit your time schedule. In addition to the above topics, Dr. Stern would be happy to customize a presentation appropriate to the needs of your group.**

*“None of the other nationally renowned parenting experts I've heard have the ability to connect as deeply and passionately with parents as Joanne Stern does. I wish every parent could hear from Joanne, because she leaves you with new hope. Your heart and mind are touched in amazing ways when Joanne shares her expertise in nurturing open and trusting relationships with your children.”*

—**Barbara C. Watson** • Certified Teacher of Social and Emotional Learning and Former Director of Student Affairs at St. Andrew's Episcopal School in Austin, Texas